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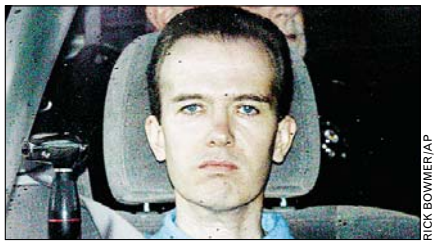
Tuesday

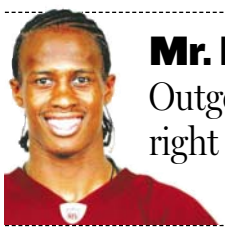


RICK BOWMER/AP

Karr's DNA didn't match that at the crime scene.

Case Dropped: JonBenet suspect cleared of murder | 4

Deadly Clashes: 40 killed as militia battles Iraqi forces | 7



Mr. Personality: Outgoing Lloyd fits right in with cast of characters | 15

ENTERTAINMENT

Challenge To a Dule?

'West Wing' grad *Dule Hill* takes 'Psych.' Also, 'Pretty in Pink' is back, on DVD.

>> 11-14

Weather >> P.M. T'Storms

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FULL FORECAST ON PAGE 30

HURRICANE KATRINA | ONE YEAR LATER

ROAD TO RECOVERY

GETTY IMAGES

BEFORE AND AFTER: People walk and bicycle along Canal Street in New Orleans less than a year after military trucks were driving down the same route shortly after Hurricane Katrina hit. To mark the anniversary, President Bush toured Mississippi on Monday and will be in Louisiana Tuesday, one year to the day the storm struck. ✤ **Future tense:** Doubts linger over New Orleans' fate | **Page 3**

Mayoral Rivals Jab In Debate

Front-runners Fenty, Cropp exchange harsh words on TV

WASHINGTON | D.C. mayoral candidate Adrian M. Fenty hammered his chief rival in a one-on-one debate Monday, accusing Linda W. Cropp of driving public schools "right into the ground" as school board president and of supporting "irresponsible" budgets as a council member that left the city insolvent.

Abandoning a pledge not to attack Cropp's 26-year record in local politics, Fenty went after the D.C. Council chairman with gusto during the hour-long debate, which was televised live on News Channel 8. At one point, Fenty pulled out a small chart — indecipherable to television viewers — to disprove Cropp's claim that she deserved credit for balancing the budget before Mayor Anthony A. Williams was elected in 1998.

Cropp, for her part, continued to press a two-and-a-half-week assault on Fenty's record, rolling out the full barrage of charges she has already made in direct mail pieces, radio spots and television ads. Those include allegations that Fenty was an incompetent lawyer before his council election in 2000 and that he was briefly on the board of a charter school that wasted $15 million in tax dollars.

The debate took place on NewsTalk with Bruce DePuyt, the News Channel 8 anchor who persuaded Cropp and Fenty to hold their first and perhaps only face-to-face debate before the Sept. 12 Democratic primary. LORI MONTGOMERY AND DAVID NAKAMURA (THE WASHINGTON POST)

✤ **Fighting words:** Fenty defends going on the offensive against Cropp in the debate | **Today's Post, A1**

PROJECTILES | **Long Distance** Ever heard of the Mobile Phone Throwing World Championship? It was held in Finland this weekend. Old phones were supplied for contestants, who tried to toss them as far as they could. The men's winner threw his phone 292 feet. The women's winner, who says she's thrown a cell phone a time or two before, tossed her phone 167 feet, a new world record, according to the organizers. Another contestant said three things were needed to compete: technical skills, power and a sense of humor. (AP) **EyeOpeners** | **Page 2**

eyeOpeners

CARS

Did It Have a Rollover Package?

A woman in Hohhot, the capital of north China's Inner Mongolia region, crashed her car into another car while giving her dog a driving lesson, the official Xinhua News Agency said Monday. No injuries were reported, although both vehicles were slightly damaged, it said. The woman, identified only by her surname, Li, said her dog "was fond of crouching on the steering wheel and often watched her drive," according to Xinhua. "She thought she would let the dog 'have a try' while she operated the accelerator and brake," the report said. "They did not make it far before crashing into an oncoming car." Xinhua did not say what kind of dog or vehicles were involved, but Li paid for repairs. (AP)

LAW

Ringing Cell Phone Owners Put on Hold

A judge detained and questioned a row of spectators when a cell phone rang for a third time in her courtroom, later ordering two people to serve community service for contempt of court. Lake County Criminal Court Judge Diane Boswell found three people in contempt of court because they initially refused to say who had the ringing phones. Cynthia Cannon of Gary, Ind., agreed to pay a $100 fine after admitting that her phone was one of those that went off, but declined the community service, citing disability. (AP)

YOSHIKAZU TSUNO/AFP/GETTY IMAGES

NUDITY

Britney All Over

Commuters in Tokyo on Monday saw a lot of Britney Spears. Images of the pregnant singer's nude pictorial from Harper's Bazaar magazine have finally gone on display after subway officials reversed a decision to censor ads using the photo. Subway officials wanted to cut off the Spears picture at her elbows, saying the sight of her naked midriff was inappropriate, but relented amid a crush of media coverage and complaints from riders who sought the full Spears experience. (EXPRESS)

Want to get hitched in Las Vegas? Soon, you'll have to wait for daylight.

MATRIMONY

Limited Engagement

Spontaneous lovebirds take note: There won't be any more early morning quickie marriages in Las Vegas. After years of sanctioning hastily made matches, the Las Vegas marriage bureau plans to close its all-night counter. County officials approved a new 8 a.m.-to-midnight schedule, eliminating 24-hour marriage license service on Fridays, Saturday and holidays. The counter did not offer after-midnight service Monday through Thursday. (AP)

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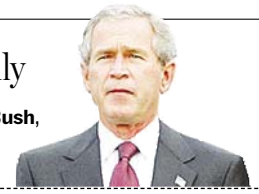
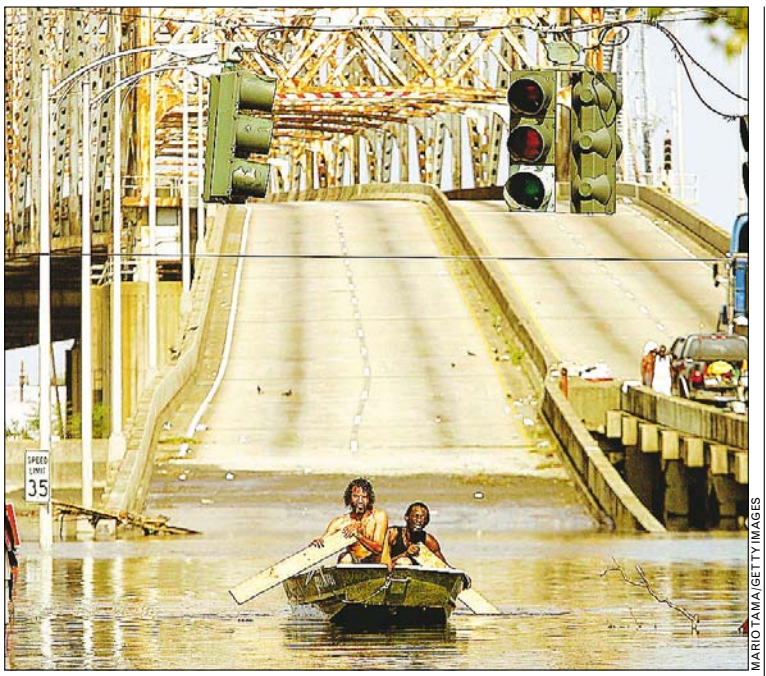
"Hopefully, that'll work. Hopefully, that's enough. It's certainly enough to get us through the next period of time." —**President Bush**, on the $77 billion the White House has released for post-Katrina rebuilding in the Gulf.



Nation



MARIO TAMA/GETTY IMAGES

AUG. 31, 2005: Two men paddle in high water near the Industrial Canal bridge to the Lower Ninth Ward two days after Hurricane Katrina devastated the area.

MARIO TAMA/GETTY IMAGES

JULY 18, 2006: Cars travel over the Industrial Canal bridge to the Lower Ninth Ward in New Orleans nearly a year after Hurricane Katrina hit the region.

1 Year After Katrina, Questions Loom

Despite planning aims, New Orleans still faces an uncertain future

NEW ORLEANS | The city was barely dry when Terrie Guerin made the decision to rebuild her home, wrecked by Hurricane Katrina's floodwaters. It was a decision she made with her heart: "I wanted to keep a part of what I had before. I was trying to hold on to family, memories of family."

A long year has passed since Katrina struck, and despite multiple planning efforts, it remains unclear what will become of this woeful city. Will the Big Easy become what the optimists hope: a well-functioning metropolis that retains its beloved 300-year history of wrought-iron balconies and quirky traditions? Or will it suffer the fate Guerin fears, one of neglect and unfulfilled promises? Will "the city that care forgot" decompose into a gutted, boarded-up eyesore while public officials and residents bicker over vision and money?

The stakes, for residents and anyone who loves this unique place, couldn't be higher. No one expected the recovery to go quickly. Eighty percent of the city was swamped when the levees broke after Katrina blew ashore on Aug. 29, 2005. Virtually all 465,000 residents of the city and roughly 1 million more in surrounding areas were forced to flee.

Still, civic leaders and others were optimistic once the water receded. The city could be reinvented — less vulnerable to devastating flooding and without the violent crime and poor schools, they said.

But in the year since the storm, planning has become a stutter-step process, with no master plan yet complete. The failure has held up federal infrastructure aid, and for residents like Guerin, it has contributed to a sense of idleness and a creeping fear that a great opportunity is being squandered.

The reminders of how far the city still has to go are everywhere. New Orleans has only about half its pre-Katrina population. White trailers line streets in many of the most heavily damaged neighborhoods, where the sidewalks are still littered with debris and abandoned homes are overgrown with weeds. Six of nine New Orleans hospitals remain shuttered. Only 54 of 128 public schools are opening this fall.

MICHELLE ROBERTS (AP)

L M OTERO/AP

Hurricane Katrina survivors work on a new house in New Orleans on Monday.

Survey: Storm Survivors Found Inner Strength

BOSTON | In a testament to the resilience of the human spirit, a new survey reveals that the traumatized survivors of Hurricane Katrina forged a surprisingly powerful inner strength that steeled them against suicidal despair.

The study is the most elaborate post-storm survey yet. It shows that while the survivors suffered twice as much mental illness as the pre-storm population, they contemplated suicide far less often than mentally ill people surveyed before Katrina.

"The people who have these terrible experiences — they're often the ones who have these epiphanies," said Ronald Kessler, a Harvard University researcher who led the survey. JEFF DONN (AP)

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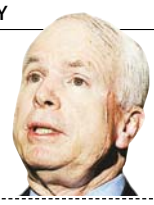
Nation



"I can't remember when I've turned down a speaking invitation. I think I'd have to look at it." —**Senator John McCain**, who says he would consider speaking at Bob Jones University, a school he criticized for its ban on interracial dating.

In Brief

INDIANAPOLIS

1 Killed, 3 Saved After Small Plane Crashes into Pond

A small plane narrowly missed homes as it crashed in a subdivision's retention pond Monday, killing the pilot, but residents rescued the three passengers as the aircraft filled with water. The residents pulled out all four people in the single-engine plane, but the pilot, Indianapolis oral surgeon Robert Edesess, died at a hospital. He and two family members aboard were survivors of the 2004 Indian Ocean tsunami. (AP)

WISCASSET, MAINE

Nation's First Hydrogen Power System Unveiled

A $250,000 demonstration project that produces hydrogen energy to provide backup lighting and warmth at an environmental education center was hailed at its unveiling Monday as the first of its kind in the nation. The Chewonki Foundation teamed up with the Hydrogen Energy Center to develop the system that was touted as an example of the kind of cutting-edge technology that can reduce dependence on fossil fuels. (AP)

All Eyes on Armitage

➜ A department colleague of then-Deputy Secretary of State Richard Armitage says the leak about CIA agent Valerie Plame came from Armitage. | Today, A Section

IN The Washington Post

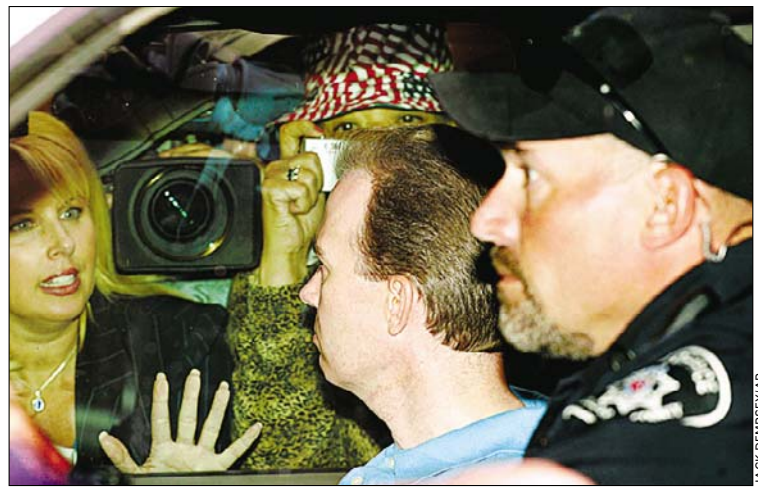
No Charge for Karr in Ramsey Death

DNA mismatch cited, but man still suspected of having child porn

BOULDER, COLO. | Prosecutors abruptly dropped their case Monday against John Mark Karr in the slaying of JonBenet Ramsey, saying DNA tests failed to put him at the crime scene despite his insistence he strangled the 6-year-old beauty queen.

Just a week and a half after Karr's arrest in Thailand was seen as a remarkable break in the sensational, decade-old case, prosecutors suggested in court papers that he was just a man with a twisted fascination with JonBenet who confessed to a crime he didn't commit.

"Because his DNA does not match that found in the victim's blood in her underwear, the people would not be able to establish that Mr. Karr committed this crime despite his repeated insistence that he did," District Attorney Mary Lacy said.



JACK DEMPSEY/AP

SPOTLIGHTED: John Mark Karr heads back to jail in Boulder, Colo., on Monday.

The 41-year-old schoolteacher will be kept in jail in Boulder until he can be sent to Sonoma County, Calif., to face child pornography charges dating to 2001, authorities said. Earlier in the day, the sheriff's department announced Karr had been released.

Lacy said Karr emerged as a suspect in April after he spent several years exchanging e-mails and later telephone calls with a Colorado professor in which he admitted responsibility for the slaying.

According to court papers, Karr told the professor he accidentally killed JonBenet during sex and that he tasted her blood after he injured her vaginally. But officials at the Denver crime lab conducted DNA tests last Friday on a cheek swab taken from Karr and failed to connect him to the crime.

"This information is critical because ... if Mr. Karr's account of his sexual involvement with the victim were accurate, it would have been highly likely that his saliva would have been mixed with the blood in the underwear," Lacy said.

She also said authorities found no evidence Karr was in Boulder at the time of the slaying. In addition, she said Karr's family provided "strong circumstantial support" for their belief that he was in Georgia for the holidays. JOHN SARCHE (AP)

Floridians Prepare as Ernesto Nears

MIAMI | Florida residents rushed to fill their prescriptions and stood in long lines for gasoline, food and other supplies Monday as officials warned people not to wait for Tropical Storm Ernesto to become a hurricane again before taking precautions.

Forecasters said Ernesto could grow back into a hurricane in the waters off Cuba and come ashore in South Florida as early as Tuesday night, one year after Katrina. It would be the first hurricane to hit the United States this year.

MATTHEW RATAJCZAK/AP

Susanne Jaffe loads supplies into her car in Jensen Beach, Fla., on Monday.

Memories of Katrina and the seven hurricanes that have struck Florida since 2004 were fresh in the minds of many.

"A hurricane's a hurricane, and it has a devastation we've already seen. All you have to do is rewind to last year and see," Gov. Jeb Bush warned people in Tallahassee, a day after declaring a state of emergency for all Florida. Forecasters issued a tropical storm warning Monday afternoon for all of South Florida's eastern coast. (AP)

Weather Delays NASA Launch

CAPE CANAVERAL, FLA. | With Tropical Storm Ernesto closing in, NASA gave up on a Tuesday shuttle launch and prepared to roll Atlantis back to the hangar unless the storm changed course.

The shuttle's 12-hour trip back to the hangar would mean a delay of at least eight days, complicating plans to get on with construction of the international space station. (AP)

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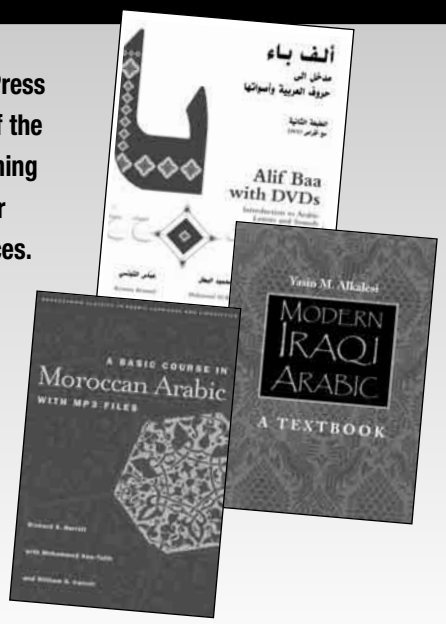

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Nation

MOCKTAILS: Professors at Iowa State University are researching how to easily, and cheaply, turn fuel ethanol into food-grade alcohol to be used in beverages.

Ky. Runway Was Changed

Officials: Taxi route was altered one week before fatal plane crash

LEXINGTON, KY. | The taxi route for commercial jets at Blue Grass Airport was altered a week before Comair Flight 5191 took the wrong runway and crashed, killing all but one of the 50 people aboard, the airport's director said Monday.

Both the old and new taxiways to reach the main commercial runway cross over the shorter general aviation runway, where the commuter jet tried to take off early Sunday, Airport Executive Director Michael Gobb told The Associated Press.

While the main strip is 7,000 feet long, the shorter one, Runway 26, is just 3,500 feet. Aviation experts say the CRJ-100 would have needed 5,000 feet to fully get off the ground. The runway repaving was completed late on the previous Sunday, one week before the crash.

DAVID STEPHENSON/AP

IMPACT: Fire marks are visible on the ground in a field west of Blue Grass Airport in Lexington, Ky., where Comair Flight 5191 crashed during takeoff on Sunday.

It wasn't clear if the Comair pilots aboard Flight 5191 had been to the airport since the changes. Comair operates that regular 6 a.m. Sunday flight to Atlanta from Lexington, but another commuter airline takes over the route during the week.

The National Transportation Safety Board is investigating the crash and said it was reviewing runway markings as part of its investigation. DAVID STEPHENSON (AP)

Pa. Flight Is Diverted Over Suspicious Note

FBI investigates bomb threat on Texas-bound plane after safe landing

BLOUNTVILLE, TENN. | A commuter airplane flying from Philadelphia to Houston was diverted to a Tennessee airport Monday after a threatening note was found on board, authorities said.

None of the 56 passengers aboard US Airways Flight 3441 was injured, and no bomb was immediately found, authorities said.

The plane landed at the Tri-Cities Regional Airport in eastern Tennessee without incident at about 11:30 a.m., said airport spokeswoman Melissa Thomas.

Transportation Security Administration spokeswoman Amy von Walter said a threatening note was found on board, and FBI, TSA, canine bomb-sniffing teams and local law enforcement members were investigating. Details about the note's contents were not released.

ANDRE TEAGUE/AP

A bomb-sniffing dog checks luggage from the US Airways flight on Monday.

Von Walter said passengers were taken to the airport terminal and were being interviewed by the FBI. There was no indication terrorism was involved.

The Embraer plane was operated by Republic Airways, which is contracted by US Airways to run express flights for the company. (AP)

Judge Rules Fla. Voter Registration Law Is Illegal

MIAMI | A federal judge on Monday declared a new Florida voter registration law unconstitutional, ruling that its stiff penalties threaten free speech and that political parties were improperly exempted.

The 48-page ruling by U.S. District Judge Patricia Seitz means that state authorities cannot enforce the provisions of the law. It took effect Jan. 1 and has been blamed by several labor unions and nonprofit groups for effectively blocking voter registration drives across the state because of the financial risk.

"If third-party voter registration organizations permanently cease their voter registration efforts, Florida citizens will be stripped of an important means and choice of registering to vote and of associating with one another," Seitz wrote.

The law also discriminates against third-party registration groups because it does not apply to political parties, Seitz added. (AP)

TIGHT TIMES: Some tapes of the BBC's new series "Robin Hood" have been stolen in Hungary, the broadcaster reports. The BBC would not comment on a report in The Daily Mirror that the tapes were the only copies and that thieves were demanding $1.9 million for their return.

World

In Brief

ASIF HASSAN/AFP/GETTY IMAGES

Pakistanis protesting a tribal chief's death throw stones at Karachi police.

QUETTA, PAKISTAN

Rioting Continues in Wake Of Top Tribal Leader's Death

Riots broke out Monday in southwestern Pakistan over the weekend killing of one of the country's most prominent tribal chiefs, with protesters torching shops and buses in a third day of unrest. On Monday, five people were injured in clashes between protesters and police in the town of Pasni, where several shops were set ablaze in the bazaar. Riots also broke out in Karachi, where protesters burned two buses. (AP)

KHARTOUM, SUDAN

Al-Bashir Shuns Meeting With U.S. Envoy on Darfur

Sudan's President Omar al-Bashir on Monday declined to meet a senior U.S. diplomat visiting the country to press him to approve the deployment of U.N. peacekeepers in war-torn Darfur. The apparent snub came as the U.N. Security Council began discussions on a resolution for handing over peacekeeping duties in Darfur from an African Union force to a larger U.N. force — a step Khartoum has staunchly rejected. (AP)

COLOMBO, SRI LANKA

Clashes Between Military, Rebel Forces Kill at Least 28

Sri Lanka's armed forces launched airstrikes and fired artillery as they advanced Monday on a strategic Tamil Tiger-held enclave, killing at least 28 people, the military and rebels said. The military said eight soldiers were killed and 28 wounded as ground troops backed by air force jets battled their way toward rebel-held Sampur, to the south of the strategic Trincomalee port. (AP)

Iraqi Troops Battle Shiite Militiamen

At least 40 killed in 12-hour clash with forces loyal to al-Sadr

DIWANIYAH, IRAQ | Shiite militiamen battled Iraqi forces for 12 hours Monday, leaving at least 40 people dead and underlining the government's struggle to rein in an anti-U.S. cleric. The U.S. announced nine soldiers were killed over the weekend in separate fighting.

The fighting in this southern city dominated a day that saw at least 19 people die in two suicide car bombings in Baghdad — one outside the Interior Ministry and one on a line of cars waiting for fuel at a gas station.

Diwaniyah, 80 miles south of Baghdad, is a Shiite-dominated city where the influence of firebrand cleric Muqtada al-Sadr's Mahdi Army has been gradually increasing. The militia already runs a virtual parallel government in Sadr City, a slum in eastern Baghdad.

ALI YUSSEF/AFP/GETTY IMAGES

CARNAGE CONTINUES: Men carry a coffin away from the hospital morgue in Baqouba, Iraq. At least 19 people died in two car bombings in Baghdad on Monday.

The government of Prime Minister Nouri al-Maliki, a Shiite, has found it difficult to control al-Sadr, whose movement holds 30 of the 275 seats in parliament and five Cabinet posts, and his forces.

Al-Sadr's backing also helped al-Maliki win the top job during painstaking negotiations within the Shiite alliance that led to the ouster of Prime Minister Ibrahim al-Jaafari.

The clashes in Diwaniyah began Saturday night after a rocket attack on a Polish-run base earlier in the day, and then resumed Sunday night, said Lt. Col. Dariusz Kacperczyk, a Polish military spokesman.

Army Capt. Fatik Aied said gunbattles broke out at about 11 p.m. Sunday south of Diwaniyah, when Iraqi soldiers conducted raids in three neighborhoods to flush out militiamen and seize weapons.

By evening, the militia had set up road checkpoints and taken over seven neighborhoods in the south and east of the city, while the Iraqi army was controlling the northern and western parts, Aied said.

Late Monday, the U.S.-led military command issued a statement in Baghdad that the Iraqi army and police "successfully fended off an attack by a large group of terrorists" in three districts of Diwaniyah after a 12-hour battle.

THASSIN ABDUL-KARAIM (AP)

17 Die in Afghan Market Bombing Aimed at Official

LASHKAR GAH, AFGHANISTAN | A suicide bomber targeting a former police chief blew himself up in a busy town market Monday in southern Afghanistan, killing 17 people and wounding 47.

The Taliban claimed responsibility but, in a rare move, a purported spokesman for the rebels expressed sadness over the deaths of civilians.

The blast wrecked shop fronts and left body parts and blood-soaked turbans among shattered glass in the bazaar of Lashkar Gah, the capital of Helmand province. All the 17 dead were civilian men, said Ghulam Muheddin, the provincial governor's spokesman. The 47 wounded included 15 children, he said.

A shopkeeper, Razaq Khan, said the blast was "the biggest explosion I have seen in my life."

The attack was the second major suicide bombing to kill civilians this month in southern Afghanistan, where insurgents are battling NATO-led troops and Afghan forces. (AP)

HEARSAY | TAKING CONTROL

"In the end, if the people cannot trust their government to ... protect them and to promote their common welfare — all else is lost."

—U.S. SEN. BARACK OBAMA

GIVING A SPEECH IN NAIROBI MONDAY IN WHICH HE URGED KENYANS TO OPPOSE CORRUPTION AND ETHNIC DIVISIONS IN GOVERNMENT

Mexican Court Finds No Change in Recount

Calderon's lead stays firm but tribunal holds off on declaring victor

Calderon

Lopez Obrador

MEXICO CITY | A partial recount in Mexico's disputed presidential race won't erase the lead of ruling party candidate Felipe Calderon, the country's top electoral court said Monday, but the judges held off from declaring him the winner.

The court announced the number of votes it had annulled as the result of 375 challenges in the July 2 election, reducing Calderon's 240,000-vote lead by just over 4,000 votes.

The leftist Democratic Revolution Party immediately denounced the Federal Electoral Tribunal's decision, with spokesman Gerardo Fernandez telling hundreds at protest camps in Mexico City's Zocalo plaza: "It's clear the tribunal isn't up to the task. It's preparing to impose the right's candidate."

However, the judges put off announcing a final vote tally as well as their decision on the request by leftist Andres Manuel Lopez Obrador to annul the election entirely. The court's seven judges have until Sept. 6 to declare a president-elect or annul the election.

Lopez Obrador's party has argued that fraud was responsible for Calderon's slight lead. He and his supporters have also questioned the tribunal's ability to resolve the dispute fairly. TRACI CARL (AP)

World

A LONG LIFE: Ecuadoran Maria Esther de Capovilla, the oldest person on Earth, according to Guinness World Records, has died of pneumonia at 116 years of age, a relative said. Born on Sept. 14, 1889, Capovilla traced her lineage to Spanish nobility and had 20 great-grandchildren.

Annan Calls for Release of Soldiers

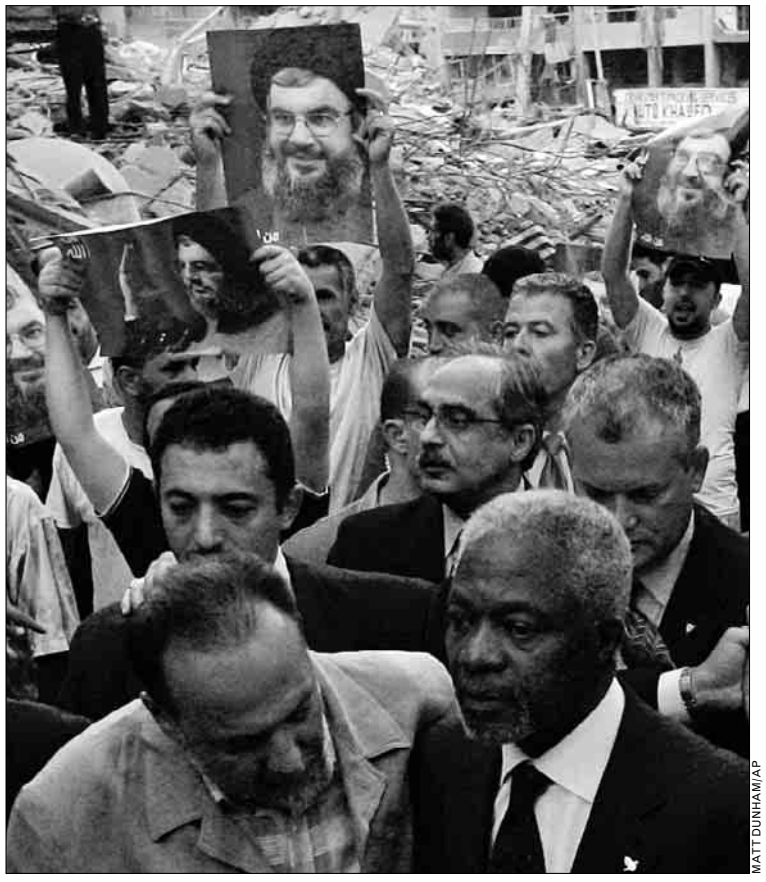
U.N. chief urges both Israel and Hezbollah to fully abide by truce

BEIRUT, LEBANON | U.N. Secretary-General Kofi Annan faulted both Israel and Hezbollah on Monday for not living up to key sections of the cease-fire resolution, while two more countries took steps to provide troops for an expanded peacekeeping force to secure the truce.

Sitting beside Lebanese Prime Minister Fuad Saniora, Annan demanded Hezbollah return two captured Israeli soldiers, whose July 12 abduction touched off the 34-day war, and said Israel must lift its air and sea blockade of Lebanon.

Although Annan was critical of both sides, he also said the agreement provided a chance for a long-term peace. As the cease-fire held for the 15th day, neither side looked like it wanted to resume large-scale hostilities.

But the U.N. chief cautioned the road ahead would be long, and pledged the international community's support. As part of that support, Italy and Turkey moved to join the U.N. peacekeeping force in southern Lebanon, and Germany hinted it was negotiating a prisoner swap.



MATT DUNHAM/AP

FACING OFF: People hold up pictures of Hezbollah leader Sheik Hassan Nasrallah as U.N. Secretary-General Kofi Annan, bottom, views damage in Beirut on Monday.

Annan, who later was booed by residents as he toured a bombed-out neighborhood in the Hezbollah stronghold of south Beirut, issued an unexpectedly blunt assessment of the cease-fire and its implementation by Israel and Hezbollah.

"It's a fixed menu. ... It's not an a la carte menu where you choose and pick," he said at the end of the first day of his 11-day Mideast swing that will include stops in Iran and Syria, the main backers of Hezbollah.

Israel responded quickly and negatively to Annan's call for an end to the blockade, which is intended to keep arms from being shipped to Hezbollah.

An official in the office of Prime Minister Ehud Olmert reiterated that the blockade will remain until the international force takes up positions along Lebanon's borders and entry points. He said Hezbollah continues to try to smuggle weapons into the country. SAM F. GHATTAS (AP)

ISRAELI INQUIRY INTO WAR

➜ **Israeli Prime Minister** Ehud Olmert announced an inquiry Monday into the war against Hezbollah in Lebanon, hoping to dispel criticism that the army and government bungled the campaign but falling short of demands for an independent probe with the authority to dismiss top officials.

➜ **Olmert** said he understood that authorizing an external probe would have been politically expedient. "But this is not what the country needs," he said. (AP)

AFP/GETTY IMAGES

An injured woman is helped after an explosion in the Turkish city of Antalya.

Blast at Turkish Resort Kills 3, Injures 20 Others

ANKARA, TURKEY | An explosion in the center of one of Turkey's most popular tourist resorts killed three people and injured at least 20 others Monday — less than a day after bomb attacks struck another tourist center and an Istanbul neighborhood.

Authorities said they were looking for two suspects, suggesting that Monday's explosion in the Mediterranean town of Antalya was the result of a bomb, though they would not say that outright.

A militant Kurdish group that has threatened to target Turkey's vital tourism industry claimed responsibility for the two bomb attacks Sunday night and again warned tourists against coming to Turkey. (AP)

Ever Have Anxiety Attacks?

- Felt your heart racing or pounding for no reason?
- Felt short of breath?
- Started to shake or sweat without warning?
- Felt dizzy or lightheaded?
- Felt afraid you might die?

If these attacks were unexpected and you were afraid of having another one, you may have (or previously had) an anxiety disorder called **Panic Disorder**. NIMH is seeking volunteers over 18 years old, who are not taking any psychiatric medications, to participate in a brain imaging research study and/or a physiological and genetic research study. The research is trying to better understand the biological systems of Panic Disorder. Participation will include a free physical and mental health assessment.

Compensation available for participation

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National Institutes of Health, Department of Health & Human Services
NIMH

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http://patientinfo.nimh.nih.gov
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Qualified participants will receive study medication and study-related medical care at no cost, and may be compensated for time and travel.

THE GEORGE WASHINGTON UNIVERSITY MEDICAL CENTER
WASHINGTON DC

For information about this study, please contact:
www.researchGW.com or 202-994-2273

The George Washington University is an Equal Opportunity/Affirmative Action Institution.

NEW LEADER? Democrat Jim Webb has overcome a double-digit deficit to lead incumbent George Allen in Virginia's senate race, a Wall Street Journal/Zogby poll reports. The news comes after Allen called a rival campaign worker of Indian descent "macaca."

Local

In Brief

GREENBELT, MD.

Former Congressional Aide Sentenced in Bank Robberies

A former press secretary for several members of Congress who said he robbed banks to pay for golf and rent was sentenced Monday to more than 12 ½ years in prison. Thomas C. Springer, 57, of Garrett Park, pleaded guilty to four counts of bank robbery in May. U.S. District Judge Deborah Chasanow also ordered him to repay the $20,869 he stole during seven bank robberies between November 2004 and November 2005. Springer worked as a press aide to members of Congress including ex-Rep. Michael Forbes of New York and ex-Rep. Toby Roth of Wisconsin. (AP)

WASHINGTON

Man Hospitalized Following Wall Collapse in Georgetown

A man who was trapped under a collapsed wall in Georgetown has been rescued. D.C. Fire and EMS officials say a 1-ton wall fell on top of the 21-year-old man and a co-worker who were in the basement of the building at 1413 Wisconsin Ave. NW. One of the men got out on his own, but the other man's legs were trapped. The injured man was taken to a hospital for treatment of potentially serious leg injuries. (AP)

Kaine Takes Blame for Budget Error

Claims of a cover-up overshadow new push for transportation bill

RICHMOND, VA. | Democratic Gov. Timothy M. Kaine on Monday took responsibility for a $137 million state budget error, an accounting problem that went unreported for months and touched off a day of Republican finger-pointing and claims of a cover-up.

In his regular address to legislators about the state's finances, Kaine also urged lawmakers to approve new state cash for long-term road projects at a special session, now set for Sept. 27, even as he acknowledged little public will to pay more taxes for it.

"As the chief executive, I accept responsibility of this," Kaine told members of the House and Senate's budget-writing committees.

Former Gov. Mark R. Warner's secretary of finance, John M. Bennett, said he knew of the error in December when it totaled only about $30 million. Warner and Bennett left office without Warner ever being told. Kaine did not learn of the problem until July, after a subsequent mistake had increased its cost fourfold.

Kaine told legislators he has brought in experts to review procedures and make sure there are no more arithmetic errors.

Kaine's acknowledgment and assurances, however, did not mute the indignation House Republicans vented in well-rehearsed floor speeches. Delegate Timothy D. Hugo even suggested congressional-style hearings in which Bennett, now a college vice president, and other Warner and Kaine administration officers could be brought before legislative committees and grilled under oath.

"Now we have to deal with a cover-up, and that's what it is," said Hugo, R-Fairfax County. "When you know of a problem for months and fail to tell us, that's what it is, my friends." (AP)

STEVE HELBER/AP

MEA CULPA: Gov. Timothy Kaine greets House members before accepting blame for a budget error that irked the Republicans.

Md. Senate Hopefuls Protest Debate

Only front-runners Cardin and Mfume invited to TV event

ANNAPOLIS, MD. | Three Democratic candidates for Senate are protesting a televised debate that includes only the front-runners.

Rep. Ben Cardin and former Rep. Kweisi Mfume are the only candidates included in Thursday evening's League of Women Voters debate, which will be broadcast live on Maryland Public Television.

The Democratic field includes 18 total candidates. Josh Rales, Allan Lichtman and Dennis Rasmussen said they plan to protest Wednesday outside the league's Annapolis office because they haven't been invited to participate.

The three Democrats say they should be included because they've raised at least $5,000.

But Mfume and Cardin are the only candidates to get double-digit poll numbers in surveys of likely voters. (AP)

The Lotteries

Monday, August 28

DISTRICT	
Mid-day Lucky Numbers	4-1-2
Evening Lucky Numbers	5-6-8
Mid-day DC 4	3-6-1-6
Evening DC 4	5-4-6-2
Rolling Cash Five	35-19-30-32-13
Daily 6	7-15-34-8-10-38 (23)

MARYLAND	
Mid-day Pick 3	6-5-7
Evening Pick 3	7-9-7
Mid-day Pick 4	5-3-5-2
Evening Pick 4	4-9-5-5
Match 5	15-16-31-32-36 (01)

VIRGINIA	
Mid-day Pick 3	8-4-4
Mid-day Pick 4	6-4-0-7
Mid-day Cash 5	2-3-19-27-30

All winning numbers are official only when validated at a lottery ticket location or a lottery claims office. Drawings that occur after Express's deadline will be published two days later.

Money

9% **The drop in** bankruptcy filings in the last year, new data shows. During the 12-month period that ended June 30, there were about 1.5 million cases filed in federal courts compared with more than 1.6 million in the year-ago period.

Market Action

New York Stock Exchange

Gainers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
EngyPrt	24.14	+5.74	+31.2
GiantIn	82.22	+10.43	+14.5
CNA Sure	21.72	+2.21	+11.3
Medifast	12.49	+1.01	+8.8
StMotr	10.47	+.74	+7.6

Losers

SeaCntB lf	2.58	-.41	-13.7
KatyInd h	2.00	-.21	-9.3
StoneEngy	44.35	-3.24	-6.8
GlobPwr lf	2.15	-.14	-6.1
Mesab	18.55	-1.13	-5.7

NASDAQ Stock Market

Gainers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
Oilgear	14.76	+3.98	+36.9
Intervideo	12.65	+3.05	+31.8
LeadBrnds	5.59	+.84	+17.7
Anadigc	7.02	+1.02	+17.0
Iomai n	3.92	-.01	-0.3

Losers

AcordaTh n	2.65	-.45	-14.5
EpixPhm n	6.28	-.93	-12.9
SupVsn	2.20	-.28	-11.3
Caringtn	4.08	-.50	-10.9
AmritrnsC	4.51	-.54	-10.7

DOW	NASDAQ	S&P 500
+67.96	+20.41	+6.69
+0.60	+0.95	+0.52
11352.01	2160.70	1301.78

Biotech Stocks

STOCK	LAST	DAILY CHANGE	YEAR TO DATE PERCENT CHANGE
Amgen	68.26	+.74	-13.4
Amylin	46.21	+.88	+15.8
BiogenIdc	44.74	+.46	-1.2
Celgene s	42.99	+.38	+32.7
ChRvLab	40.90	+.62	-3.5
GenProbe	48.63	+.48	-.3
Genentch	80.02	+.02	-13.5
Genzyme	66.27	+1.11	-6.4
GileadSci	64.47	+1.27	+22.6
Imclone	30.40	+.38	-11.2
Invitrogn	61.23	+1.93	-8.1
MedImun	28.65	+.27	-18.2
MillPhar	10.66	+.02	+9.9
PDL Bio	19.30	+.66	-32.1
VertxPh	34.95	-.48	+26.3

Rates

	CURRENT	PREVIOUS WEEK
Prime Rate	8.25	8.25
Fed Funds close	5.25	5.25
3-month disc	4.96	4.96
2-year	4.89	4.86
10-year	4.79	4.82
30-year	4.93	4.96

Currency (Dollars in foreign currency)

	TODAY	PREVIOUS DAY	YEAR AGO
British Pound	.5276	.5300	.5542
Canadian Dollar	1.1108	1.1086	1.1974
European Euro	.7820	.7838	.8127
Japanese Yen	117.13	117.24	109.86
Mexican Peso	10.8760	10.9715	10.8300
Taiwanese Dollar	32.91	32.85	32.20

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Comair Facing an Uncertain Future

Deadly crash raises doubts about troubled air carrier's survival

FILE/AL BEHRMAN/AP

Comair has been operating under bankruptcy protection for nearly a year.

ATLANTA | The deadly Kentucky crash involving a Comair flight could make the regional carrier's survival even tougher.

Comair has been operating under bankruptcy protection for nearly a year and has been battling with its flight attendants over pay cuts. And last week its parent, Delta Air Lines Inc., put some of its regional jet service out to bid.

Neither Comair nor Delta would talk about Comair's future on Monday, though Comair spokeswoman Kate Marx said, "We will be answering those restructuring questions at some point."

On Aug. 22, Atlanta-based Delta said it had requested bids for some of its regional jet service, much of which is now handled by Erlanger, Ky.-based Comair. The announcement came a day before Comair was to return to negotiations with its flight attendants over concessions the company said it must have to get out of bankruptcy.

David Treitel, chief executive of aviation consulting firm SH&E in New York, said the cost issue is critical to Comair's survival.

"The basic issue that Comair faces in terms of its business is, obviously, dealing with the crash, but also the issue of responding to the Delta [bid request] and dealing with a cost structure that enables it to be competitive," Treitel said.

Plane crashes generally don't doom an airline, but they have done so. ValuJet Flight 592 plunged into the Everglades in 1996, killing 110 people. ValuJet soon disappeared and was reborn as discount carrier AirTran Airways. HARRY R. WEBER (AP)

Google, eBay Announce Partnership

SAN FRANCISCO | In a deal between two of the Internet's most prominent players, Google will begin selling advertising for eBay outside the U.S. and help buyers quickly ring an online merchant to do business.

The arrangement announced Monday promises to introduce "click-to-call" Web site technology and potentially speed its adoption as a means of more quickly connecting online consumers with advertisers. It will allow potential buyers to call eBay merchants or Google advertisers by clicking a link on a Web page.

Google already has been testing a program in which users click on a phone icon and type their number into a box. (AP)

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Department of Health and Human Services

National Institutes of Health

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BIRTH CONTROL

Accelovance is conducting a clinical research study of an investigational oral medication for birth control. **Qualified participants will receive at no cost for up to 6 months: Periodic gynecological exams and Investigational oral birth control medication.**

Females 18-45 years of age, sexually active, and have regular menstrual cycles may be eligible for participation. Compensation up to $150 is available for time and travel. For more information about this research study, please call:

Participation is completely voluntary. **202.223.6777**

MASTER OF DISASTER: What survivors of Hurricane Katrina really need is a hip-hop gospel comedy about the tragedy. Thankfully, rap mogul Master P's "Uncle Willy's Family" (staring P, Romeo, Silk the Shocker and Terry Miles) begins its tour on Sept. 7.

Entertainment

Dule Hill Does It All

Child dance star is ready to earn his master's in acting

EDUCATION | "For me, if my acting class was high school, then 'The West Wing' was college," said Dule Hill. "Now I am just getting to that place where I am going for my master's."

After spending seven seasons as personal aide Charlie Young to Martin Sheen's President Bartlet on "The West Wing," Hill is starring in USA's lighthearted detective series "Psych" as Gus, the straight-and-narrow sidekick and friend of the quirky Shawn (James Roday), a young man who solves crimes through keen observation.

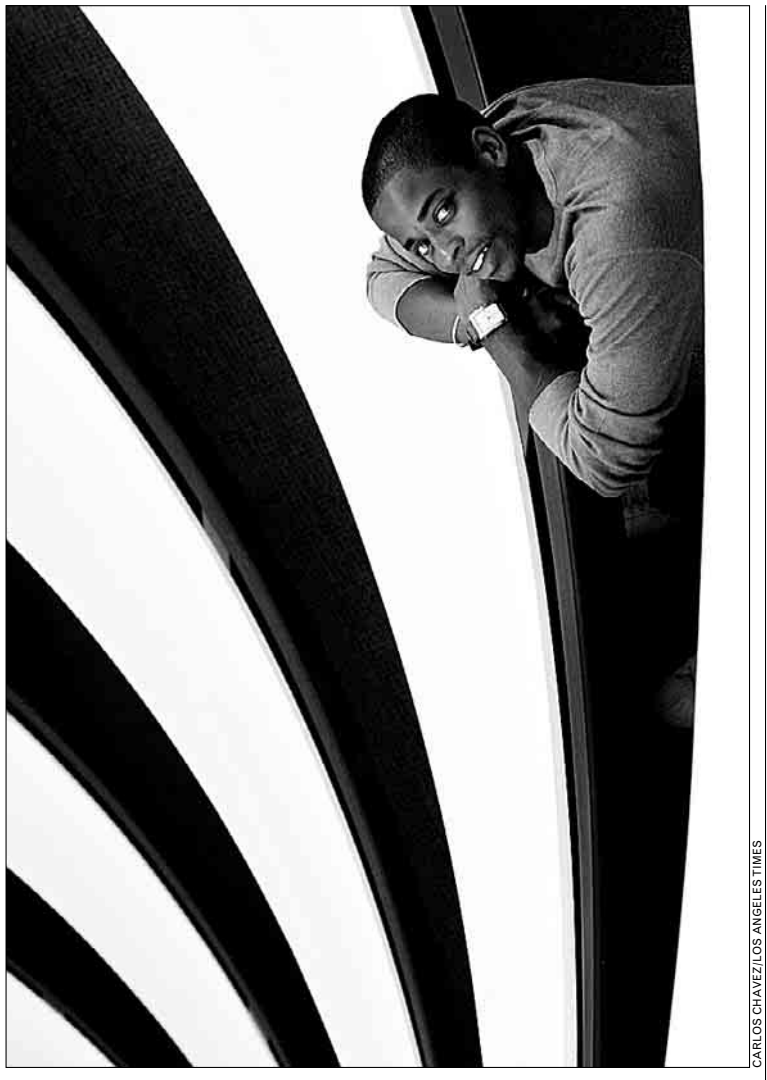
You must have literally jumped from "The West Wing" to "Psych."
I think I wrapped "West Wing" in March, and about a week later I was ... in Vancouver. ... I wanted to continue to work, but I wanted to do something that was going to be different. I didn't want to go and do another character that is similar to Charlie.

You were a musical comedy star as a child. How did you begin tap dancing?
I was going to dance class because my cousins and my brother were going. My mom was a ballerina, so she was teaching at the school. I started going because I wanted to be around them. I did tap, jazz and ballet, and at the age of 9, "The Tap Dance Kid" called my school and asked for kids who could sing and dance.

Do you still tap?
I am still dancing. Even up here on Vancouver on the weekends, I go work out in a studio space. I do eventually want to get back into performing, but right now it's more fun for me to dance for myself — just seeing what comes up.

I didn't recognize you in the recent film "Edmond" as the streetwise three-card monte card shark.
A lot of people don't realize it's me when they see it. It was fun for me to do something completely different. There was no, like, talking proper — it was just a straight cat from the streets. It was fun to have a chance to do it because sometimes I think people get confused when they see the characters I play. They think that's me. When people hang out with me they say, "You are much more urban than I thought." I can hang with the cats or hang with the president.

SUSAN KING (LOS ANGELES TIMES)



CARLOS CHAVEZ/LOS ANGELES TIMES

ALL HIS WORLD'S A STAGE: As a dancer, Hill's a vet of the Broadway shows "Bring Da Noise" and "Black and Blue." He also toured with Tony-winner Hinton Battle.

Acolytes Get Accolades

The Aggrolites do justice to the sounds of late '60s Jamaica

MUSIC | For every 100 crummy ska and frat-boy reggae bands, there are a handful that, like the Aggrolites, truly get Jamaican music and know how to work an offbeat, drop syrup-thick bass and establish a proper groove.

On its second album, on Hellcat Records, the California quintet doesn't just imitate the sounds of late-'60s Jamaica — it becomes them, lovingly coaxing them out of the past and into the present.

Credit for this belongs to bassist J. Bonner, whose hollow thump is authentic and inventive, and organist Roger Rivas, who's equally effective playing melodies, as on "Thunder Fist," or blipping away in time with the guitar, as he does on "Mr. Misery."

At 19 tracks, the album is far longer than it needs to be, but the marathon length shouldn't dissuade listeners from making it to the end. In fact, the second half of the record boasts the standout minor-key jam "Sound of Bombshell," as well as its thematic and musical opposite, "Love Isn't Love," which, like the album itself, is a call to gather up the good feelings and pass them on. KENNETH PARTRIDGE (THE HARTFORD COURANT)

COURTESY THE AGENCY GROUP

THE PROCESS OF WEEDING OUT: One of the few white bands to do reggae right.

Today's Top Stops

FOR COMPLETE EVENT LISTINGS SEE WASHINGTONPOST.COM/ENTERTAINMENT

AARON LYNETT/AP

SHAKIRA

1 Dance Pop Genius

Shakira, the Columbian-Lebanese princess of crossover Latin pop shares a bill with Wyclef Jean. This 4-foot-11-inch dynamo is a multiplatinum artist with a reported IQ of 140, but we have only one pressing question: How does she do that thing with her stomach?

→ *Verizon Center, 601 F St. NW; 7:30 p.m., $19.50-$98; 800-551-7328. (Gallery Place-Chinatown)*

MATT GAFFNEY

2 Cruciverbalism

One down is "M--t Gaffney," crossword puzzler extraordinaire and author of the book "Gridlock: Crossword Puzzles and the Mad Geniuses Who Create Them," from which he'll be reading tonight. The clue for one across is "Geeks and obsessives getting their day in the sun."

→ *Olsson's, 1307 19th St. NW; 7 p.m., free; 202-785-1133. (Dupont Circle)*

BLAXPERIMENTAL CINEMA

3 Feminine Direction

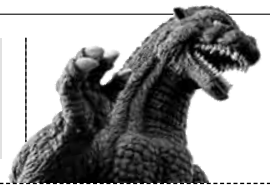
The National Museum of Women in the Arts presents eight short films by black women directors of African descent. While many of the featured directors are up-and-coming, the event will also celebrate the work of veterans, including Saundra Sharp.

→ *National Museum of Women in the Arts, 1250 New York Ave. NW; 6:30-8 p.m., $5; 202-783-7370. (Metro Center)*

WHAT'S HAPPENING?

Please send press releases and photos to expressevents@readexpress.com

Entertainment



DON'T TREAD ON ME: Tom Cruise, OK. But Godzilla? "South Park" is going too far. The makers of Comedy Central's foul-mouthed comedy have signed with Paramount Pictures to develop films. One sends up city-stomping sci-fi beasties.

A Never-Airing Story

Don't expect the original ending on the 'Pretty in Pink' DVD

DVDS | Blane or Duckie?

It's a question that has nagged fans of the John Hughes teen-movie genre for two decades, ever since his new wave Cinderella story, "Pretty in Pink," was released in theaters.

As any self-respecting Molly Ringwald scholar knows, the original conclusion to the film had Ringwald's character Andie accompany quirky best friend Duckie (Jon Cryer) to the senior prom, choosing him over sensitive richie Blane (Andrew McCarthy). But when test audiences balked, the filmmakers shot a new ending in which Andie and Blane live happily ever after. Among the '80s-obsessed, the switch can still spark debate on a variety of topics: true love, selling out, the social class structure in American society and so on.

The DVD case for the "Pretty in Pink: Everything's Duckie Edition" boasts the inclusion of the original ending in bold, unmissable letters. But in one of the most disappointing DVD bait-and-switches ever, the original finale does not appear, making the whole thing feel like a rip-off.

Instead the single disc delivers a featurette called "The Lost Dance" that delves into much detail about how and why the new closer came to pass, but never shows the first version of the famous prom scene.

PARAMOUNT

NINETEEN-EIGHTY-SIX'D: In "Pink," Molly Ringwald, left, plays a poor new waver who rejects her weird friend (Jon Cryer, right) in favor of a rich, popular jerk.

It's a notable misstep on what otherwise stands as a fab tribute to one of the most enduring high school romances from the '80s. The eight featurettes included here provide a most welcome look at numerous aspects of the film's creation, from the costumes to the casting.

The featurettes are filled with juicy tidbits, all conveyed through recent interviews with Ringwald, McCarthy, Cryer and director Howard Deutch, among others.

Notably absent, however, are writer John Hughes (appearing only in archival footage) and James Spader, who portrayed the evil Steff with such smarminess that he nearly raised snobbiness to an art form. Cryer recalls that Spader told him on-set: "Yeah, I figure I got a lock on this teenage ---hole thing." Truer words were never spoken.

JEN CHANEY (WASHINGTONPOST.COM)

The Curse Of Cult Success

Mercury Prize nom Richard Hawley is loved but not known

NEW FACES | Quick: Name a song by the critically acclaimed British singer Richard Hawley.

Can't do it? You're not alone. Even though Hawley is nominated for the Nationwide Mercury Prize, one of the most prestigious music awards in the United Kingdom, he is virtually unknown in America.

That's often how it is with the Mercury Prize, whose winner will be announced Sept. 5. Each year, Americans greet the news with a scratch of the head, as few of the nominees are ever familiar (Guillemots? Lou Rhodes?) except to all those music hipsters who shop primarily in the imports section.

As for Hawley, he earned his nomination on the strength of "Coles Corner" (Mute), an overlooked gem. He's no newcomer: He began as a guitarist, first with the '90s-era band Longpigs, then as a session man for Pulp, Beth Orton and Robbie Williams. But in the 2000s, Hawley embarked on a solo career.

ANTON CORBIJN

FAME & ITS DISCONTENTS: Richard Hawley has been around for a while.

Hawley is competing for the Mercury prize against Radiohead singer Thom Yorke and against the young buzz band Arctic Monkeys. In other words, his odds are slim. But he deserves a larger audience than just the Mercury judges — and all those hipsters. RAFER GUZMAN (NEWSDAY)

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BEERFEST (R) - ID REQ'D DIG (1240 410) 725 1010
IDLEWILD (R) - ID REQ'D DIG (1230 110 330 430) 630 740 940 1030
OC & DA: ACCEPTED (PG-13) DIG (215) 955
ACCEPTED (PG-13) DIG (1155 440) 730
SNAKES ON A PLANE (R) - ID REQ'D DIG (1215 115 255 400 520) 645 750 920 1020
STEP UP (PG-13) DIG (1140 210 500) 735 1015
WORLD TRADE CENTER (PG-13) DIG (1250 345) 700 1000
TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG-13) DIG (1150 230 510) 800 1035
LITTLE MISS SUNSHINE (R) - ID REQ'D DIG (1145 1245 220 325 450) 620 715 900 950

BALLSTON COMMON STADIUM 12
Glebe Rd, Arlington 800-FANDANGO 377#

Adv. Tix on Sale A NIGHTMARE ON ELM STREET (R) - ID REQ'D ★
Adv. Tix on Sale TOBY KEITH - BROKEN BRIDGES PREMIERE (PG-13) ★
BEERFEST (R) - ID REQ'D DIG (1155 230 505) 710 740 945 1015
IDLEWILD (R) - ID REQ'D DIG (140 435) 730 1025
TRUST THE MAN (R) - ID REQ'D DIG (210 440) 720 955
MATERIAL GIRLS (PG) DIG (150 425) 715 940
ACCEPTED (PG-13) DIG (135 205 415 445) 705 735 935 1005
SNAKES ON A PLANE (R) - ID REQ'D DIG (1210 215 245 450 515) 725 755 1000 1030
STEP UP (PG-13) DIG (1200 235 510) 745 1020
BARNYARD (PG) DIG (200 430)
PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG-13) DIG (1150 310) 630 950
THE DEVIL WEARS PRADA (PG-13) DIG (130 410) 650 930

BOWIE STADIUM 14
15200 Major Lansdale Blvd 800-FANDANGO 454#

IDLEWILD (R) - ID REQ'D DIG (1245 145 345 445) 700 800 1000
INVINCIBLE (PG) DIG (115 215 415 515) 715 815 1015
BEERFEST (R) - ID REQ'D DIG (145 445) 745 1040
HOW TO EAT FRIED WORMS (PG) DIG (200 430) 730 1000
SNAKES ON A PLANE (R) - ID REQ'D DIG (100 400 415) 645 945 1030
ACCEPTED (PG-13) DIG (200 500) 800 1040
STEP UP (PG-13) DIG (130 430) 730 1015
PULSE (PG-13) DIG 945
WORLD TRADE CENTER (PG-13) DIG (1230 400) 730 1030
BARNYARD (PG) DIG (130 430) 700
TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG-13) DIG (1245 330) 645 930
MIAMI VICE (R) - ID REQ'D DIG (100) 715
PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG-13) DIG (1230 345) 700 1025

BETHESDA 10
7272 Wisconsin Avenue 800-FANDANGO 569#

HOW TO EAT FRIED WORMS (PG) DIG (200 430) 710 920
INVINCIBLE (PG) DIG (130 410) 735 1010
BEERFEST (R) - ID REQ'D DIG (140 420) 720 1005
TRUST THE MAN (R) - ID REQ'D DIG (120 350) 740 1010
MATERIAL GIRLS (PG) DIG (100 330) 645 940
ACCEPTED (PG-13) DIG (115 415) 700 945
SNAKES ON A PLANE (R) - ID REQ'D DIG (100 400) 730 1000
STEP UP (PG-13) DIG (110 345) 650 930
TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG-13) DIG (125 405) 715 955
THE DEVIL WEARS PRADA (PG-13) DIG (435) 725 955
BARNYARD (PG) DIG (145)

POTOMAC YARD STADIUM 16
3575 Jefferson Davis Hwy 800-FANDANGO 690#

INVINCIBLE - DIGITAL PROJECTION (PG) DIG (130 425) 720 1000
INVINCIBLE (PG) DIG (200 455) 750 1030
IDLEWILD (R) - ID REQ'D DIG (120 150 415 445) 710 740 1005 1035
THE ILLUSIONIST (PG-13) DIG (225 505) 745 1025
HOW TO EAT FRIED WORMS (PG) DIG (1215 255 510) 725 940
BEERFEST (R) - ID REQ'D DIG (205 450) 735 1020
OC & DA: ACCEPTED (PG-13) DIG (420) 920
ACCEPTED (PG-13) DIG (155) 655
SNAKES ON A PLANE (R) - ID REQ'D DIG (1205 220 250 500 530) 730 800 1010 1040
STEP UP (PG-13) DIG (125 410) 650 925
PULSE (PG-13) DIG (1200)
WORLD TRADE CENTER (PG-13) DIG (100 400) 700 1015
THE DESCENT (R) - ID REQ'D DIG 640 910
BARNYARD (PG) DIG (115 355)
TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG-13) DIG (145 430) 715 955
MIAMI VICE (R) - ID REQ'D DIG (140 455) 805
PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG-13) DIG (305) 630 950

COUNTRYSIDE STADIUM 20
45980 Regal Plaza 800-FANDANGO 394#

HOW TO EAT FRIED WORMS (PG) DIG (1215 245 510) 730 945
INVINCIBLE (PG) DIG (1130 1230 200 300 440 540) 740 840 1030
BEERFEST (R) - ID REQ'D DIG (1120 220 500) 745 1035
IDLEWILD (R) - ID REQ'D DIG (115 420) 720 1020
OC & DA: ACCEPTED (PG-13) DIG (230) 930
TRUST THE MAN (R) - ID REQ'D DIG (1100 150 430) 725 950
MATERIAL GIRLS (PG) DIG (110 350) 650 920
ACCEPTED (PG-13) DIG (1150 1250 330 445 545) 710 830
SNAKES ON A PLANE (R) - ID REQ'D DIG (1140 1240 210 310 450 550) 750 850 1025
STEP UP (PG-13) DIG (100 340) 635 910
ZOOM (PG) DIG (1100)
WORLD TRADE CENTER (PG-13) DIG (1245 345) 655 1010
THE DESCENT (R) - ID REQ'D DIG 915
BARNYARD (PG) DIG (1110 145 410) 645
TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG-13) DIG (1200 140 240 415 520) 715 810 1015
LITTLE MISS SUNSHINE (R) - ID REQ'D DIG (1220 120 250 400 530) 700 820 940
MONSTER HOUSE DIGITAL 3D: $1.50 FEE FOR 3D (PG) DIG (1115 130 400) 630
PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG-13) DIG (1210 320) 640 1000
THE DEVIL WEARS PRADA (PG-13) DIG 900

ROCKVILLE CENTER STADIUM 13
Rockville Town Center 800-FANDANGO 248#
Free Theatre Parking- Monroe Street Garage
Weeknights after 6 PM- all day Saturday/Sunday

HOW TO EAT FRIED WORMS (PG) DIG (1200 210 420) 705 915
INVINCIBLE (PG) DIG (1200 140 220 410 450) 730 810 1000
BEERFEST (R) - ID REQ'D DIG (210 445) 725 1005
IDLEWILD (R) - ID REQ'D DIG (130 440) 720 1005
THE ILLUSIONIST (PG-13) (1210 235 510) 735 1010
ACCEPTED (PG-13) (1230 250 515) 750 1020
SNAKES ON A PLANE (R) - ID REQ'D DIG (1205 230 500) 745 820 1015
STEP UP (PG-13) DIG (1215 240 505) 730 955
WORLD TRADE CENTER (PG-13) DIG (100 400) 700 955
BARNYARD (PG) DIG (1225 235 445)
TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG-13) DIG (145 435) 710 945
LITTLE MISS SUNSHINE (R) - ID REQ'D DIG (200 430) 740 1010

FAIRFAX TOWNE CENTER 10
4110 W Ox Road 800-FANDANGO 670#

Adv. Tix on Sale A NIGHTMARE ON ELM STREET (R) - ID REQ'D ★
Adv. Tix on Sale TOBY KEITH - BROKEN BRIDGES PREMIERE (PG-13) ★
HOW TO EAT FRIED WORMS (PG) DIG (100 310 515) 720 930
INVINCIBLE (PG) DIG (110 150 345 430) 700 745 940 1020
BEERFEST (R) - ID REQ'D DIG (115 410) 730 1010
TRUST THE MAN (R) - ID REQ'D DIG (140 400) 715 950
ACCEPTED (PG-13) (120 340) 650 920
ACCEPTED (PG-13) DIG (200 420) 735 1005
THE DESCENT (R) - ID REQ'D 945
BARNYARD (PG) (130 350) 710
TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG-13) DIG (145 440) 740 1015
PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG-13) DIG (300) 645 1000

GERMANTOWN STADIUM 14
20000 Century Blvd 800-FANDANGO 455#

INVINCIBLE (PG) DIG (1200 130 245 445 530) 730 830 1015
HOW TO EAT FRIED WORMS (PG) DIG (1210 230 450) 715 945
BEERFEST (R) - ID REQ'D DIG (1200 240 515) 800 1040
IDLEWILD (R) - ID REQ'D DIG (100 440) 740 1040
MATERIAL GIRLS (PG) DIG (1250 420) 720 1000
ACCEPTED (PG-13) DIG (1210 245 510) 750 945 1030
SNAKES ON A PLANE (R) - ID REQ'D DIG (1200 1245 240 315 515 545) 745 830 1020
STEP UP (PG-13) DIG (115 415) 715 1020
WORLD TRADE CENTER (PG-13) DIG (1230 330) 700 1000
BARNYARD (PG) DIG (1150 220 445) 710
TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG-13) DIG (1220 330) 700 950
PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG-13) DIG (1150 320) 645 1015

UA SNOWDEN SQ STADIUM 14
9161 Commerce Ctr Dr 800-FANDANGO 570#

Adv. Tix on Sale TOBY KEITH - BROKEN BRIDGES PREMIERE (PG-13) ★
HOW TO EAT FRIED WORMS (PG) DIG (1230 300 515) 745 1000
INVINCIBLE (PG) DIG (100 400) 720 1010
BEERFEST (R) - ID REQ'D DIG (130 430) 730 1030
IDLEWILD (R) - ID REQ'D DIG (115 415) 715 1015
OC & DA: ACCEPTED (PG-13) DIG (500) 1020
MATERIAL GIRLS (PG) DIG (145 420) 730 1025
ACCEPTED (PG-13) DIG (200) 800
SNAKES ON A PLANE (R) - ID REQ'D DIG (1245 145 345 445) 700 800 940 1030
STEP UP (PG-13) DIG (100 400) 700 930
WORLD TRADE CENTER (PG-13) DIG (1245 345) 645 940
BARNYARD (PG) DIG (115 415)
TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG-13) DIG (1230 330) 710 1000
MIAMI VICE (R) - ID REQ'D DIG 630 930
LITTLE MISS SUNSHINE (R) - ID REQ'D DIG (130 430) 740 1020
PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG-13) DIG (1225 330) 645 955

MANASSAS STADIUM 14
11380 Bulloch Drive 800-FANDANGO 490#

HOW TO EAT FRIED WORMS (PG) DIG (1145 205 415) 725 935
INVINCIBLE (PG) DIG (1150 225 500) 740 1010
BEERFEST (R) - ID REQ'D DIG (1240 340) 720 1000
IDLEWILD (R) - ID REQ'D DIG (1220 310) 730 1015
MATERIAL GIRLS (PG) DIG (100 400) 650 925
ACCEPTED (PG-13) DIG (1215 235 505) 750 1025
SNAKES ON A PLANE (R) - ID REQ'D DIG (1140 1250 215 330 450) 645 745 920 1020
STEP UP (PG-13) DIG (1125 155 425) 705 940
PULSE (PG-13) DIG 800 1020
WORLD TRADE CENTER (PG-13) DIG (1230 335) 650 945
BARNYARD (PG) DIG (1200 220 440)
TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG-13) DIG (1255 350) 710 1005
LITTLE MISS SUNSHINE (R) - ID REQ'D DIG (1130 200 430) 700 930
PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG-13) DIG (1205 320) 640 955

Times For 8/29/06 Daily Bargain Matinees In ( ) OC= Open Captioned DA= Descriptive Audio Available * Pass / Discount Ticket Restrictions Apply ©2006

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AMC HOFFMANN CENTER 22
Eisenhower Ave and Telegraph Road in Alexandria
703-998-4AMC

BEERFEST (R) ✓ 2:20, 4:10, 5:10, 7:10, 8:10, 10:00
HOW TO EAT FRIED WORMS (PG) ✓ 1:10, 3:35, 5:55, 8:20, 10:40
INVINCIBLE (PG) ✓ 12:15, 1:45, 2:45, 4:15, 5:15, 7:00, 8:00, 9:45, 10:45
ACCEPTED (PG13) 2:15, 4:45, 7:15, 9:50
ACCEPTED (PG13) [D] [CC] 2:15, 4:45, 7:15, 9:50
MATERIAL GIRLS (PG) 2:00, 4:25, 6:50, 9:25
SNAKES ON A PLANE (R) 12:00, 1:00, 1:45, 2:30, 3:30, 5:00, 6:05, 7:45, 8:45, 10:15
PULSE (PG13) 9:35 PM
STEP UP (PG13) 2:15, 4:55, 7:40, 10:15
ZOOM (PG) 12:50, 3:05
WORLD TRADE CENTER (PG13) 1:35, 4:35, 5:35, 7:35, 8:35, 10:35
BARNYARD: THE ORIGINAL PARTY ANIMALS (PG) 12:30, 2:50, 5:05, 7:20
THE DESCENT (R) 2:10, 4:40, 7:05, 9:40
TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG13) 2:05, 4:50, 5:50, 7:25, 8:25, 10:05
MIAMI VICE (R) 1:40, 4:40, 7:40, 10:40
MONSTER HOUSE (PG) 1:05, 3:25
PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG13) 12:00, 3:20, 6:45, 10:10

AMC SELECT
TRUST THE MAN (R) ✓ 1:25, 3:55, 6:40, 9:15
IDLEWILD (R) ✓ 1:30, 2:30, 4:30, 5:30, 7:30, 8:30, 10:30
LITTLE MISS SUNSHINE (R) 1:40, 4:20, 6:55, 9:30

AMC SPRINGFIELD MALL 10
Loisdale and Franconia Road
703-971-3991

BEERFEST (R) 1:30, 4:45, 7:20, 10:00
HOW TO EAT FRIED WORMS (PG) 12:50, 3:00, 5:20, 7:30, 9:40
INVINCIBLE (PG) 1:30, 4:30, 7:20, 10:00
ACCEPTED (PG13) 12:35, 2:50, 5:10, 7:40, 10:10
MATERIAL GIRLS (PG) 1:00, 4:10, 7:00, 9:30
SNAKES ON A PLANE (R) 1:30, 4:30, 7:40, 10:10
STEP UP (PG13) 1:10, 4:20, 7:15, 9:50
WORLD TRADE CENTER (PG13) 1:20, 4:10, 7:00, 9:50
BARNYARD: THE ORIGINAL PARTY ANIMALS (PG) 12:40, 3:00, 5:15, 7:30, 9:45
TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG13) 1:20, 4:15, 7:10, 9:40

AMC MAZZA GALLERIE
Jenifer and Wisconsin
202-537-9553

HOW TO EAT FRIED WORMS (PG) ✓ 3:20, 5:50, 7:55, 9:55
ACCEPTED (PG13) 2:40, 5:00, 7:10, 9:20
MATERIAL GIRLS (PG) 3:00, 5:20, 7:45, 10:00
STEP UP (PG13) 2:30, 5:00, 7:35, 10:00
TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG13) 2:10, 4:40, 7:10, 9:40
TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG13) [D] [CC] 2:10, 4:40, 7:10, 9:40

AMC SELECT
TRUST THE MAN (R) ✓ 2:00, 4:30, 7:00, 9:30
IDLEWILD (R) ✓ 2:20, 4:50, 7:20, 9:45

LOEWS GEORGETOWN 14
3111 K Street, N.W.
202-342-6441

REEL MOMS
IDLEWILD (R) ✓ 11:00 AM

PRESENTED IN DIGITAL PROJECTION
SNAKES ON A PLANE (R) 12:10, 2:35, 5:10, 7:45, 10:20

BEERFEST (R) ✓ 2:00, 4:35, 7:15, 9:55
INVINCIBLE (PG) ✓ 12:00, 2:25, 4:55, 7:30, 10:05
ACCEPTED (PG13) 12:25, 2:45, 5:05, 7:20, 9:45
SNAKES ON A PLANE (R) 1:35, 4:10, 6:45, 9:20
STEP UP (PG13) 1:45, 4:20, 6:50, 9:25
WORLD TRADE CENTER (PG13) 1:50, 4:50, 7:50, 10:40
TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG13) 1:40, 4:30, 7:10, 9:50
PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG13) 12:20, 3:35, 6:55, 10:15
THE DEVIL WEARS PRADA (PG13) 12:30, 5:35, 10:40

AMC SELECT
THE ILLUSIONIST (PG13) ✓ 12:05, 2:40, 5:20, 8:00, 10:45
TRUST THE MAN (R) 2:25, 5:00, 7:35, 10:10
IDLEWILD (R) ✓ 2:30, 5:15, 8:10, 10:45
IDLEWILD (R) [CC] ✓ 2:30, 5:15, 8:10, 10:45
LITTLE MISS SUNSHINE (R) 1:55, 3:05, 4:25, 7:00, 8:15, 9:35

LOEWS UPTOWN 1
3426 Connecticut Avenue N.W.
202-333-3456

WORLD TRADE CENTER (PG13) 1:00, 4:00, 7:00, 10:00

AMC POTOMAC MILLS 18
2700 Potomac Mills Circle, Ste 886
703-998-4262

BEERFEST (R) ✓ 1:20, 3:55, 6:30, 9:05
HOW TO EAT FRIED WORMS (PG) ✓ 12:30, 2:40, 4:50, 7:00, 9:10
INVINCIBLE (PG) ✓ 1:15, 3:50, 6:25, 9:00
ACCEPTED (PG13) 2:05, 4:35, 6:55, 9:20
MATERIAL GIRLS (PG) 1:45, 4:15, 6:50, 9:25
SNAKES ON A PLANE (R) 12:00, 1:40, 2:35, 4:20, 5:15, 7:10, 8:00, 9:40, 10:40
PULSE (PG13) 6:40, 8:55
STEP UP (PG13) 1:25, 4:00, 6:35, 9:15
ZOOM (PG) 12:35, 2:45, 4:55
WORLD TRADE CENTER (PG13) 1:30, 4:25, 7:20, 10:20
BARNYARD: THE ORIGINAL PARTY ANIMALS (PG) 1:00, 3:20, 5:40, 7:55, 10:10
THE DESCENT (R) 8:05, 10:35
TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG13) 1:50, 4:30, 7:15, 10:00
THE ANT BULLY (PG) 1:10, 3:30, 5:45
MIAMI VICE (R) 7:05, 10:15
MONSTER HOUSE (PG) 1:35, 4:05
PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG13) 12:05, 3:25, 6:45, 10:05

AMC SELECT
TRUST THE MAN (R) ✓ 2:30, 5:10, 7:50, 10:30
IDLEWILD (R) ✓ 1:55, 4:40, 7:30, 10:25
LITTLE MISS SUNSHINE (R) 2:20, 4:45, 7:25, 9:55

AMC COLUMBIA MALL 14
10300 Patuxent Parkway
410-423-0520

BEERFEST (R) 1:50, 4:45, 7:30, 10:15
HOW TO EAT FRIED WORMS (PG) 1:00, 3:00, 5:00, 7:25, 9:35
INVINCIBLE (PG) 2:30, 5:15, 7:45, 10:20
ACCEPTED (PG13) 1:20, 3:30, 5:45, 8:15, 10:35
ACCEPTED (PG13) [D] [CC] 1:20, 3:30, 5:45, 8:15, 10:35
MATERIAL GIRLS (PG) 2:45, 5:10, 7:35, 10:25
SNAKES ON A PLANE (R) 1:30, 3:10, 5:30, 7:15, 8:05, 9:45, 10:40
PULSE (PG13) 10:30 PM
STEP UP (PG13) 12:50, 3:15, 5:35, 8:00, 10:45
WORLD TRADE CENTER (PG13) 1:05, 4:00, 7:10, 10:00
BARNYARD: THE ORIGINAL PARTY ANIMALS (PG) 1:10, 3:20, 5:50, 8:10
THE DESCENT (R) 4:50
TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG13) 1:45, 4:30, 7:20, 9:55
PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG13) 12:45, 3:50, 7:00, 10:05

AMC SELECT
IDLEWILD (R) 1:15, 4:15, 7:05, 9:50
LITTLE MISS SUNSHINE (R) 2:20, 5:20, 7:40, 10:10

LOEWS FAIRFAX SQUARE 8
8065 Leesburg Pike
703-506-9857 802

PULSE (PG13) 1:10, 4:10, 7:05, 9:45
ZOOM (PG) 12:10, 2:20, 4:30
THE DESCENT (R) 12:20, 2:30, 4:40, 7:20, 9:35
MIAMI VICE (R) 1:00, 7:10
THE DEVIL WEARS PRADA (PG13) 7:25, 1:20, 4:20, 9:55
SUPERMAN RETURNS (PG13) 12:00, 3:30, 6:45, 10:00
THE DA VINCI CODE (PG13) 7:00, 10:00
BOMMARILLU (NR–NOT RATED) 1:00, 5:00, 9:00

AMC SELECT
SCOOP (PG13) 11:00, 4:00, 9:50
AN INCONVENIENT TRUTH (PG) 12:30, 2:40, 4:50, 7:30, 9:40

MAGIC JOHNSON CAPITAL CENTRE 12
800 Shopper's Way, Largo
301-324-4220

BEERFEST (R) 1:30, 5:25, 7:55, 10:30
INVINCIBLE (PG) 1:50, 4:30, 7:20, 9:50
ACCEPTED (PG13) 2:25, 4:55, 7:25, 9:55
SNAKES ON A PLANE (R) 2:05, 4:35, 7:05, 8:05, 9:35, 10:35
PULSE (PG13) 2:15, 4:45, 7:15, 10:05
STEP UP (PG13) 2:30, 4:50, 7:30, 10:00
ZOOM (PG) 1:05, 3:15, 5:30
WORLD TRADE CENTER (PG13) 1:40, 4:40, 7:40, 10:40
BARNYARD: THE ORIGINAL PARTY ANIMALS (PG) 12:55, 3:20, 5:50
THE DESCENT (R) 7:50, 10:20
TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG13) 1:55, 4:25, 7:10, 9:40

AMC SELECT
IDLEWILD (R) 1:00, 2:00, 4:00, 5:00, 7:00, 8:00, 9:45, 10:45

LOEWS SHIRLINGTON 7
2772 South Randolph
703-671-0910 801

AMC SELECT
TRUST THE MAN (R) 1:40, 4:20, 7:50, 10:00
THE BOYNTON BEACH CLUB (NR–NOT RATED) 1:30, 4:10, 7:30, 9:50
QUINCEANERA (R) 2:00, 4:40, 7:00, 9:10
SCOOP (PG13) 1:00, 3:30, 7:30, 9:40
LITTLE MISS SUNSHINE (R) 1:10, 1:50, 3:50, 4:30, 7:10, 7:40, 9:30, 10:00
AN INCONVENIENT TRUTH (PG) 1:20, 3:40, 7:20, 9:20

AMC TYSONS CORNER 16
7850 Tysons Corner Center
703-998-4262

BEERFEST (R) ✓ 11:00, 1:40, 4:30, 7:25, 10:20
HOW TO EAT FRIED WORMS (PG) ✓ 10:50, 12:55, 3:10, 5:25, 7:45, 9:55
INVINCIBLE (PG) ✓ 10:55, 1:25, 4:05, 7:05, 9:45
ACCEPTED (PG13) 11:00, 1:10, 3:25, 5:45, 8:05, 10:25
ACCEPTED (PG13) [D] [CC] 11:00, 1:10, 3:25, 5:45, 8:05, 10:25
MATERIAL GIRLS (PG) 10:50, 1:05, 3:30, 5:50, 8:10, 10:30
SNAKES ON A PLANE (R) 12:15, 1:35, 2:45, 4:10, 5:15, 6:45, 8:00, 9:20, 10:35
STEP UP (PG13) 11:40, 2:05, 4:35, 7:15, 9:40
WORLD TRADE CENTER (PG13) 11:35, 2:20, 5:05, 7:55, 10:45
BARNYARD: THE ORIGINAL PARTY ANIMALS (PG) 11:10, 1:30, 3:40, 5:55, 8:25
TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG13) 11:15, 1:45, 4:25, 7:10, 9:50, 10:45
PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG13) 12:20, 3:35, 7:00, 10:15

AMC SELECT
THE ILLUSIONIST (PG13) 11:20, 1:55, 4:45, 7:35, 10:10
TRUST THE MAN (R) ✓ 11:05, 1:50, 4:40, 7:20, 10:00
IDLEWILD (R) ✓ 11:25, 2:10, 4:55, 7:50, 10:40
LITTLE MISS SUNSHINE (R) 11:30, 2:00, 4:30, 7:30, 10:05

AMC RIVERTOWNE 12
Exit 4A I-95. 1/2 mi. on Oxon Hill Rd.
703-998-4AMC

BEERFEST (R) 5:00, 7:30
INVINCIBLE (PG) 5:30, 8:00
ACCEPTED (PG13) 5:10, 7:20
MATERIAL GIRLS (PG) 4:45, 7:10
SNAKES ON A PLANE (R) 4:35, 7:00, 8:10
PULSE (PG13) 5:25, 7:40
STEP UP (PG13) 5:15, 7:35
WORLD TRADE CENTER (PG13) 4:40, 7:50
BARNYARD: THE ORIGINAL PARTY ANIMALS (PG) 4:30
THE DESCENT (R) 5:20, 7:35
TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG13) 4:50, 7:45

AMC SELECT
IDLEWILD (R) 5:00, 7:50

AMC COURTHOUSE PLAZA 8
Courthouse and Birch Rd.
703-998-4AMC

HOW TO EAT FRIED WORMS (PG) ✓ 12:15, 2:45, 5:15, 7:20, 9:30
INVINCIBLE (PG) ✓ 12:45, 3:10, 5:30, 8:15, 10:30
PULSE (PG13) 1:20, 5:50, 10:10
WORLD TRADE CENTER (PG13) 1:00, 4:10, 7:00, 9:50
TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG13) 12:00, 2:30, 5:00, 7:30, 10:00
CLERKS II (R) 3:30, 8:00

AMC SELECT
A SCANNER DARKLY (R) 2:00, 4:15, 10:15
LITTLE MISS SUNSHINE (R) 12:30, 1:30, 3:00, 4:20, 5:20, 6:45, 7:45, 9:15, 10:20

AMC COUNTRY CLUB MALL 6
Country Club Mall on Vocke Rd near Route 68.
301-729-6633

BEERFEST (R) ✓ 5:35, 8:05
INVINCIBLE (PG) ✓ 5:25, 7:45
ACCEPTED (PG13) ✓ 5:35, 7:45
WORLD TRADE CENTER (PG13) 5:15, 8:05
BARNYARD: THE ORIGINAL PARTY ANIMALS (PG) 5:55, 8:15
TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG13) 5:45, 8:15
TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG13) [D] [CC] 5:45, 8:15

LOEWS WISCONSIN AVE. 6
4000 Wisconsin Avenue. N.W.
202-244-0880

BEERFEST (R) 1:55, 4:35, 6:40, 7:10
INVINCIBLE (PG) 1:20, 4:10, 7:05
SNAKES ON A PLANE (R) 1:30, 2:00, 4:00, 4:30, 6:45, 7:00
BARNYARD: THE ORIGINAL PARTY ANIMALS (PG) 2:05, 4:25
PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG13) 2:40, 6:10

LOEWS DUPONT 5
1350 19th St.
202-333-3456

CLERKS II (R) 9:40 PM
THE DEVIL WEARS PRADA (PG13) 2:10, 4:45, 7:20, 9:45

AMC SELECT
THE BOYNTON BEACH CLUB (NR–NOT RATED) 2:00, 4:30, 7:00, 9:20
QUINCEANERA (R) 2:45, 5:30, 7:45, 10:00
A SCANNER DARKLY (R) 2:30, 9:30
SCOOP (PG13) 5:10, 7:10
THE CELESTINE PROPHECY (PG) 2:20, 5:00, 7:30

LOEWS WHITE FLINT 5
North Bethesda
202-333-3456

INVINCIBLE (PG) 2:30, 4:50, 7:25
ACCEPTED (PG13) 2:20, 4:35, 7:10
SNAKES ON A PLANE (R) 2:00, 4:30, 7:15
THE DEVIL WEARS PRADA (PG13) 2:15, 4:45, 7:05

AMC SELECT
TRUST THE MAN (R) 2:05, 4:30, 7:00

Times for Tuesday, August 29, 2006

✓-SPECIAL ENGAGEMENT No passes or discount coupons [CC] - Closed Captioning · [D] - Descriptive Video Service

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National Institutes of Health

National Institute of Diabetes & Digestive & Kidney Diseases

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		8	3		5	6		
2								1
8			4		7			6
		6				3		
7			9		1			4
5								2
		7	2		6	9		
	4		5		8		7	

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Television

HOT STREAK: Eric McCormack knows enough to stay away from the sitcom thing now, unlike some people whose initials are Michael Richards and Jason Alexander. The former "Will & Grace" star said he wants to focus on stage and film parts.

Closing the Deal

On Bravo, real estate agents try to sell a piece of Tinseltown

COMMERCE | "Million Dollar Listing" (9 p.m., Bravo) follows 10 agents as they try to sell in Southern California's pricey real-estate market. The business pages say the housing market is slowing down, but that doesn't seem to matter in the rarefied air of Malibu and Hollywood.

This being Bravo, emphasis is placed on celebrity, glitz and the fabulous factor. "Listing" is a lot closer to "Work Out" and "Blow Out" than HGTV's "House Hunters" and "Curb Appeal."

COURTESY BRAVO

COURTNEY LOVE SLEPT HERE: Can these agents score a big commission?

You won't learn much about selling your house from this, but it's entertaining. The first episode features Madison Hildebrand—a 24-year-old rookie who tries to get an exclusive on an enormous Malibu spread that suffered atrocious renovation problems — and Shannon McLeod, who tries to sell her ex-fiance a $2.3 million Hollywood pad

Over the weeks, eight more agents will be featured, as well as eccentric Hollywood types who wonder how the stripper pole in their pad could turn someone off. Expect lots of champagne, attitude, German cars and product placements. KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

ON TV TONIGHT

B-LIST STARS, A-LIST SINGERS
We've seen stars dance, we've seen stars skate, now on **CELEBRITY DUETS** (8 p.m., Fox) we get to see the semi-famous (Chris Jericho, Jai Rodriguez, etc.) strut their vocal stuff with the help of famous singers such as Smokey Robinson, Patti LaBelle, Belinda Carlisle and Peter Frampton.

ONE YEAR LATER
AFTER KATRINA (8 p.m., Discovery Times) looks at efforts public and private to cope with the destruction of New Orleans.

IT COULD HAVE BEEN WORSE
SAVING JAZZ (9 p.m., Sundance) focuses on the personal tragedy of photographer and jazz archivist Herman Leonard, who lost thousands of photos when his New Orleans home and studio were flooded last August.

COURTESY FOX

RECOGNIZE THEM? Cheech Marin, left, and other stars will belt 'em out on Fox.

HOW COULD IT HAPPEN?
THE FINAL REPORT: OSAMA'S ESCAPE (10 p.m., National Geographic) looks at efforts to capture bin Laden in Afghanistan. KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

8.29.06		6:00 PM	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
LOCAL CHANNELS	WRC 4	News		NBC Nightly News	Access Hollywood	Fear Factor "Blind Date No. 2" (N)		Law & Order: Criminal Intent		Law & Order: Special Victims Unit		News	Tonight Show
	WTTG 5	Seinfeld	The Simpsons	The Simpsons	Seinfeld	Celebrity Duets Celebrities team with professional singers to compete.				News		News	Geraldo at Large
	WJLA 7	News	ABC Wld News	Wheel of Fortune	Jeopardy!	According to Jim	According to Jim	According to Jim	According to Jim	(:01) Primetime (N)		News	(:35) Nightline
	WUSA 9	News	CBS News	9News Tonight	Entertainment	Big Brother: All-Stars (N)		Rock Star: Supernova (N)		48 Hours Mystery		News	Late Show
	WDCA 20	King of the Hill	That '70s Show	That '70s Show	Every-Raymond	Veronica Mars		Veronica Mars "Look Who's Stalking"		The Tyra Banks Show		Girlfriends	Girlfriends
	WMPT 22	The NewsHour With Jim Lehrer (N)		Business Rpt.	Forum-Debate	Nova "MARS Dead or Alive"		American Experience "Tupperware!"		Wide Angle "Ransom City" (N)		Lincoln and Lee	
	WETA 26	BBC World News	Business Rpt.	The NewsHour With Jim Lehrer (N)		Nova (DVS)		Leonardo's Dream Machines		Wide Angle "Back to School"		Charlie Rose (N)	
	WHUT 32	World Business	Tavis Smiley	BBC World News	Moneywise	Earth, Wind, & Fire: Shining Star			Legends of Jaz	BBC World News	Tavis Smiley	Charlie Rose (N)	
	WDCW 50	My Wife and Kids	Bernie Mac	My Wife and Kids	Bernie Mac	Gilmore Girls "Bridesmaids Revisited"		Gilmore Girls "A Vineyard Valentine"		Friends	Friends	Sex and the City	Sex and the City
BASIC CABLE	A&E	Cold Case Files		Crossing Jordan "Gray Murders"		Crank: Made in America		Bounty Hunter	Bounty Hunter	King of Cars	King of Cars	Dallas SWAT	
	Animal	The Crocodile Hunter Diaries		The Most Extreme Large mouths.		The Most Extreme Deadly snakes.		The Big Squeeze		Miami Animal Police A blind alligator.		The Most Extreme Deadly snakes.	
	BET	106 & Park: BET's Top 10 Live			Access Granted	"Getting Played" (2005) Carmen Electra, Stacey Dash, Vivica A. Fox.				The Parkers	The Parkers	Jamie Foxx	Jamie Foxx
	Bravo	Real Housewives of Orange County		Real Housewives of Orange County		Real Housewives of Orange County		Million Dollar Listing "Hollywood"		Queer Eye "Eric S." (N)		Project Runway	
	Comedy	(5:30) ★★★ "Dogma" (1999, Comedy) Ben Affleck, Linda Fiorentino.				Daily Show	Colbert Report	Chappelle's Show	South Park	Chappelle's Show	Reno 911!	Daily Show	Colbert Report
	Court	Forensic Files	Forensic Files	Cops	Cops	Cops	Cops	Cops	Cops	Parco P.I. (N)	Parco P.I.	Masterminds	Masterminds
	Discovery	How It's Made	How It's Made	Extreme Engineering		Dirty Jobs Pouring foundations.		Dirty Jobs Training monkeys. (N)		Futureweapons No place to hide.		Dirty Jobs Garbage man.	
	DISCH	Paramedics "Silicon Valley Saviors"		Trauma: Life in the ER		Surviving Sextuplets and Twins		Paralyzed and Pregnant		Strictly Dr. Drew Drugs. (N)		Surviving Sextuplets and Twins	
	Disney	That's So Raven	Zack & Cody	Phil of the Future	That's So Raven	★★ "The Thirteenth Year" (1999) Chez Starbuck, Justin Jon Ross.				American Drgn	American Drgn	Zack & Cody	That's So Raven
	E!	Fashion Police: 2006 Emmy		E! News (N)	The Daily 10 (N)	101 Guiltiest Guilty Pleasures		101 Guiltiest Guilty Pleasures (N)		Paris Hilton (N)	Simple Life	E! News	The Daily 10
	FX	King of the Hill	King of the Hill	That '70s Show	That '70s Show	★★ "Starsky & Hutch" (2004, Comedy) Ben Stiller, Owen Wilson.				Rescue Me "Beached"		(:05) Rescue Me "Beached"	
	HGTV	Renovation	If Walls Could	What's-House?	House Hunters	Designed to Sell	Bad, Bad Bath (N)	Decorating Cents	Curb Appeal (N)	House Hunters	House Hunters	Parents House	Designer Finals
	Family	7th Heaven "That Touch of Bink"		7th Heaven "Dick"		★★★ "While You Were Sleeping" (1995) Sandra Bullock, Bill Pullman.				Whose Line?	Whose Line?	The 700 Club	
	History	Lake Pontchartrain Causeway		To Be Announced		Katrina: Send in the Guard (N)		Mega Disasters		Engineering Disasters: New Orleans		Katrina: American Catastrophe	
	Lifetime	Reba	Reba	★ "Dying to Belong" (1997, Drama) Hilary Swank, Mark-Paul Gosselaar.				"A Long Way Home" (2001, Drama) Meredith Baxter, Robert Urich.				Will & Grace	Will & Grace
	MTV	My Own Diddy. (N)	Next	Sucker Free		Pimp My Ride	Pimp My Ride	Pimp My Ride	Pimp My Ride	Real World XVII: Should've Shown		MTV Cribs	Real World-Rd
	NICK	Ned's School	Zoey 101	Fairly OddParents	Jimmy Neutron	SpongeBob	Danny Phantom	A Different World	Hi-Jinks	A Different World	A Different World	A Different World	A Different World
	SCIFI	Stargate SG-1 Thor takes prisoners.		Dead Like Me "Nighthawks"		Dead Like Me "Vacation"		Eureka Two research teams compete.		ECW (Live)		(:05) Who Wants to Be a Superhero?	
	SPIKE	World's Wildest Police Videos		CSI: Crime Scene Investigation		CSI: Crime Scene Investigation		★★★ "Top Gun" (1986) Tom Cruise. A hot-shot Navy jet pilot downs MiGs and loves an astrophysicist.					
	TBS	Seinfeld	Seinfeld	Every-Raymond	Every-Raymond	Friends	Friends	Sex and the City	Sex and the City	(:10) Seinfeld	(:40) Seinfeld	(:10) Friends	(:40) Friends
	TLC	While You Were Out		Overhaulin' "Customs"		Rides Transforming a Corvette.		Overhaulin' "All in the Family" (N)		Miami Ink "Garver's Ultimatum" (N)		Miami Ink "Never Forget"	
	TNT	Law & Order "Under God"		Without a Trace "Confidence"		Law & Order "Soldier of Fortune"		Law & Order "City Hall"		Law & Order "Fixed" (DVS)		Cold Case "Late Returns"	
	USA	Law & Order: Special Victims Unit		U.S. Open Tennis Men's & Women's First Round. From the USTA National Tennis Center in Flushing Meadows, N.Y. (Live)								Law & Order: Criminal Intent	
	VHI	Celebrity Fit Club		Celebrity Fit Club		The 40 Hottest Rock Star Girlfriends... and Wives Beautiful partners.				The Flavor of Love		★★ "Kingdom Come" (2001)	
SPAN.	TELEM	Sala de Parejas	Noti-Telemndo	Viuda de Blanco		Tierra de Pasiones		Amores de Mercado		Decisiones		Noti-Telemndo	Laura
	UNIV	Que Locura	Noticiero Univ	Heridas de Amor (N)		La Fea Más Bella (N)		Barrera de Amor (N)		Noticias Univisión Presenta ...		Primer Impacto	Noticiero Univ.
SPORTS	ESPN	SportsCenter (Live)			NFL Live	2006 World Series of Poker (Taped)		2006 World Series of Poker (Taped)		The Contender (N)		SportsCenter (Live)	
	ESPN2	Mike and Mike	Around the Horn	Interruption	Streetball (N)	Basketball FIBA World Championship Quarterfinal --Teams TBA.				Baseball Tonight (Live)		Karate: ISKA	Karate: ISKA
	CSN	In Focus on FSN	SportsNite	NFL Preseason Football Washington Redskins at New England Patriots. (Subject to Blackout)						SportsNite (Live)		WNBA Weekly	Final Score
NEWS	CNN	Lou Dobbs Tonight		The Situation Room		Paula Zahn Now		Larry King Live		Anderson Cooper 360			
	FNC	Special Report (Live)		The Fox Report With Shepard Smith		The O'Reilly Factor (Live)		Hannity & Colmes (Live)		On the Record-Van Susteren		The O'Reilly Factor	
	MSNBC	Tucker		Hardball		Countdown With Keith Olbermann		Scarborough Country (Live)		MSNBC Investigates Louisiana.		Special: Rising From Ruin, Revisited	
MOVIES	AMC	(5:30) ★★★ "Silver Streak" (1976, Comedy) Gene Wilder. 'PG'				★★ "Hidalgo" (2004) Viggo Mortensen. A Westerner races a horse across the Arabian desert.					(:45) ★★★ "The Man From Snowy River" (1982) 'PG'		
	TCM	(:15) ★★★★ "Casablanca" (1942) Humphrey Bogart. 'PG' (DVS)				★★★ "For Whom the Bell Tolls" (1943) Gary Cooper. An American soldier of fortune fights in Spain's Civil War.						★★★ "Cactus Flower" (1969) 'PG'	
	HBO	(5:45) ★★★ "In Her Shoes" (2005) Cameron Diaz. 'PG-13'				When the Levees Broke: A Requiem in Four Acts "Acts I-IV" Hurricane Katrina's effect on New Orleans residents.							
	MAX	(:15) ★★★ "Napoleon Dynamite" (2004, Comedy) Jon Heder. 'PG'				★★★ "Serenity" (2005, Science Fiction) Nathan Fillion. 'PG-13'				★★★ "Red Eye" (2005) Rachel McAdams. 'PG-13'			Bikini Cavegirl
	SHOW	(5:15) "Into the Fire" (2005) iTV. 'NR'		★ "The Next Best Thing" (2000) Rupert Everett, Madonna. iTV. 'PG-13'				Brotherhood "Job 31:5-6" (iTV)		Sexual Healing (iTV)		Weeds (iTV)	★ Fascination 'R'
	TMC	Lock, Stock	(:35) ★★ "Mad Love" (1995) Chris O'Donnell. 'PG-13'			(:15) ★★ "Without a Paddle" (2004, Comedy) Seth Green. 'PG-13'				★★ "Ski School" (1991, Comedy) Dean Cameron. 'R'			Bring-Alfredo
	STARZ!	"Hitchhiker's Guide-Galaxy"		(:05) ★★ "Alien Resurrection" (1997) Sigourney Weaver. 'R'				★★ "The Fog" (2005) Tom Welling. 'PG-13'			(:45) ★★ "Guess Who" (2005) Bernie Mac. 'PG-13'		
	ENCORE	(:15) ★ "Vegas Vacation" (1997, Comedy) Chevy Chase. 'PG'				★★★ "Die Hard With a Vengeance" (1995, Action) Bruce Willis. 'R'				(:15) ★★ "Austin Powers: International Man of Mystery"			(:45) ★★ Cellular

BY GEORGE! The Oakland Raiders signed Jeff George to a contract on Monday, bringing back a player who hasn't thrown an NFL pass in five seasons. The journeyman played in his last regular-season game with the Redskins in 2001.

Sports

Lloyd Finally Finds Himself Fitting In

The receiver may be a character, but he brings plenty of talent as well

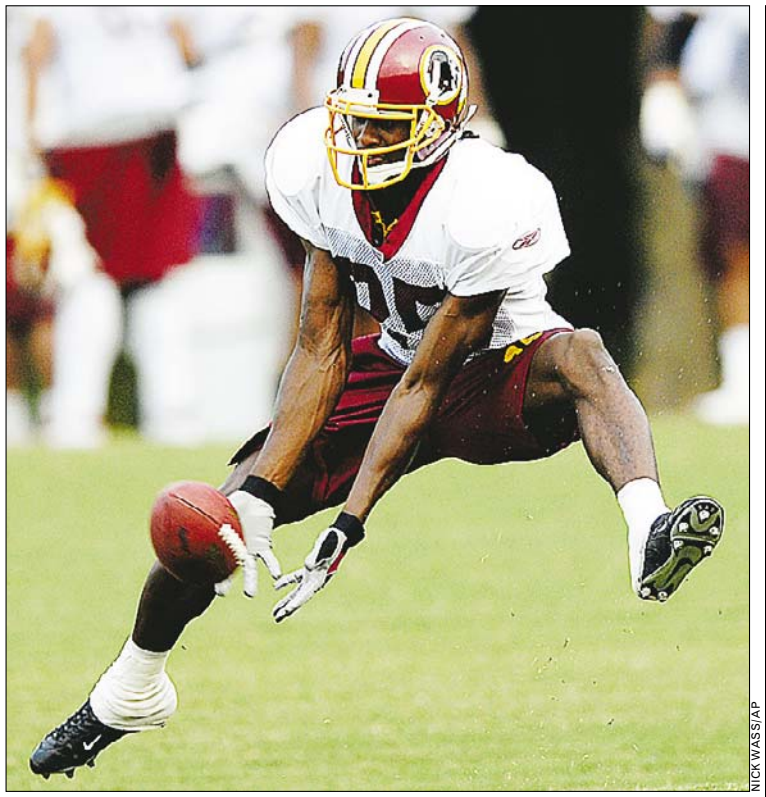
REDSKINS | Brandon Lloyd's days as a rebel go back to kindergarten, where he managed to get in trouble over the prerequisite question: "What do you want to be when you grow up?"

His classmates had given the expected answers — firefighter, doctor, lawyer. But Lloyd's response — "I want to be a professional athlete" — didn't please the teacher, who called his choice unrealistic.

Lloyd pushed back. "I'm like, 'No, that's what I want to be,'" he said. "So I got sent to the principal's office."

Unlikely as it might seem, that flash of discipline was a turning point in Lloyd's young life. The principal, Brad Barnhart, told the rambunctious 5-year-old that it was OK to want to be an athlete and that it was a goal that could be achieved.

"It was one of those things where he touched my life and let me go," Lloyd said. "He understood I meant good. My intentions were good. I was never a bad kid. I just had a lot of energy. I just needed to be guided in the right direction, and he did that."



NICK WASS/AP

GO-GO GADGET ARMS: Redskins receiver Brandon Lloyd has shown he has the ability to stretch for passes that may seem uncatchable to the casual observer.

Blown Out of Proportion?

➜ Both Terrell Owens and coach Bill Parcels tried to downplay the controversy surrounding Owens a day after he was reportedly fined for being late | **Today's Post, Sports**

IN The Washington Post

Lloyd has brought hefty doses of both talent and character to the Redskins, who acquired him in a trade with the San Francisco 49ers in March. He and fellow newcomer Antwaan Randle El join Santana Moss to form a trio that is expected to pile up the yards in new assistant coach Al Saunders' high-octane offense. On occasion, Lloyd resembled Plasticman at training camp, stretching his body to catch anything thrown in his neighborhood.

And he has quite the personality. In Washington, he's in good company. As colorful as he is, Lloyd arguably ranks only third among the top nonconformists on coach Joe Gibbs' team. Chris Cooley is angling for No. 1 with his wild hair and strange attire, and Clinton Portis is a perennial contender with his array of costumes and out-of-nowhere sayings.

"I just blend right in," Lloyd said. "I'm not like a sore thumb anymore."

JOSEPH WHITE (AP)

OUT OF TIME

To trim their roster down before the last preseason game, the Redskins cut 12 players Monday:

- Offensive lineman Jon Alston
- Quarterback Casey Bramlet
- Defensive back Antuan Edwards
- Tight end Robert Johnson
- Offensive lineman Jim Jones
- Kicker Tyler Jones
- Punter David Lonie
- Defensive lineman Chris Mineo
- Tight end Calen Powell
- Defensive lineman Karon Riley
- Linebacker Kevin Simon
- Defensive back Aric Williams

Roddick Stays Safe in First Round

American steers clear of upset with an easy win at the U.S. Open

TENNIS | Andy Roddick gave a fist pump toward coach Jimmy Connors and walked off the court with his arms and head held high. This time, he still has more tennis to play at the U.S. Open.

Roddick bounced back from last year's stunning first-round upset, overpowering Florent Serra 6-2, 6-1, 6-3 Monday and drawing encouraging claps from Connors.

"It's a lot better than last year, a lot better start," Roddick said. "I'm really confident right now."

ELISE AMENDOLA/AP

Andy Roddick avoided another first-round exit at the U.S. Open, 6-2, 6-1, 6-3.

After a 90-minute rain delay, opening day at Flushing Meadows featured an attractive lineup, on and off the blue courts.

Justine Henin-Hardenne got off to a clean start, breezing past Maria Elena Camerin 6-2, 6-1. Mardy Fish also won — and became the answer to a tennis trivia question.

With instant replay being used for the first time at a Grand Slam event, Fish made the first challenge. He contested a sideline call that went against him, but the ruling was upheld.

Roddick was never threatened, a complete reversal from his straight-sets loss to unheralded Gilles Muller of Luxembourg in the opening round last August. (AP)

Late Match: Andre Agassi's U.S. Open match ended after Express' deadline. For results | **Today's Post, Sports**

TODAY'S TV LINEUP

NATIONALS (7 P.M. ON MASN) The road was not nice to the weary Nats, who lost seven of nine games on a recent trip. They return to RFK for a three-game series against the Phillies that starts tonight.

ORIOLES (8 P.M. ON MASN) The Orioles are in Arlington — Arlington, Texas — for a game against the Rangers and starter Kevin Millwood.

BASKETBALL (6:30 A.M. ON ESPN2) A tough test awaits the U.S. men's basketball team, which plays Germany and Dirk Nowitzki in the quarterfinal game.

TENNIS (11 A.M. ON USA AND 7 P.M. ON USA) U.S. Open play continues from New York with more first-round action from the hardcourt in both the men's and the women's brackets.

Swengali

REDSKINS | BY MATT SWENSON

Get Rid of That Lousy Punter

AFTER THE LATEST LOUSY preseason performance by the Redskins, something drastic must be done.

It's time to cut the punter.

Derrick Frost is seemingly doing his Frosty-the-Snowman-in-August routine. He's melting under the pressure of actually doing his job.

And if the first three exhibition games are any indication, Frost, or whoever replaces him, will be punting often.

Mark Brunell looked like a sitting duck in New England on Saturday. When he managed to avoid a sack, Brunell was making decisions that not even Jason Campbell — who hasn't played an NFL down yet — would make. What was the deal with that shovel pass?

> "If the first three exhibition games are any indication, Frost will be punting often."

For the past several months in this space, it's been said that the Redskins' success lies in Brunell's ability to conjure up last year's magic. There have been doubts about whether that was possible, as well.

None of those fears has been dissuaded.

You'd think the prospect of yet another shank by Frost would scare the offense straight — even if it's only preseason. But there's been nothing done, literally.

Joe Gibbs' history, though, is much more encouraging. The coach produces winners out of team that looks hapless before Labor Day.

Hopefully, by the time Gibbs rights the ship, we won't have Frost to kick around any longer.

@ To reach Matt Swenson, e-mail matt.swenson@readexpress.com

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"There's some familiar names and some I don't know too well. I'm not the oldest. Thank God for Jamie [Moyer]."

— **First baseman Jeff Conine**, 40, who was traded from the Orioles to the Phillies Sunday, on his new team.

U.S. Crowned Little League Champs

Team from Columbus, Ga., beats Japan 2-1 for 2nd straight U.S. title

LITTLE LEAGUE | Cody Walker hit a two-run homer off ace Go Matsumoto, Ryan Carter struck out 11, and Columbus, Ga., beat Kawaguchi City, Japan, 2-1 to win the Little League World Series championship game on Monday.

It was the second straight American victory in the Series, coming on the heels of Ewa Beach, Hawaii's, win over a team from Willemstad, Curacao, last year. The United States hadn't captured back-to-back Little League titles with different teams since 1982-83.

Matsumoto had devastated hitters in this tournament with his powerful fastball. It was potent again for him on Monday, except for Walker's shot in the third inning.

TOM E. PUSKAR/AP

JUMP FOR JOY: Columbus, Ga., winning pitcher Kyle Carter, left, celebrates winning the Little League World Series against Japan with teammate Josh Lester.

Carter overcame a bout of wildness in the sixth and final inning. With two runners on, he got Ryoya Sato to hit a weak bouncer to Josh Lester at second for the last out of the game.

That prompted the Georgia-leaning crowd to erupt in cheers, chant "USA! USA!" and wave American flags. Columbus players rushed toward Lester, skipping up and down in celebration and tossing their gloves to the sky.

Then they posed on the mound for a group picture with a banner that proclaimed them "World Series Champions" as their gloves were strewn across the infield. (AP)

DOWN AND OUT: Nats outfielder Alex Escobar will miss the rest of the season, thanks to a shoulder injury he sustained on a headfirst slide into first base on Friday. (AP)

Detroit Is Back, but It's Not a Shock

Three years after its 1st WNBA title, the Shock is poised for another

WNBA | Coach Bill Laimbeer knew the Detroit Shock would get back to the WNBA Finals. He just never imagined it would take this long.

When a young Detroit team won the 2003 WNBA title, pundits started talking about the Shock winning championships for years to come.

Instead, Detroit went 33-35 over the next two years and lost in the first round of the playoffs both times.

JESSICA HILL/AP

Swin Cash, right, captains a Detroit team looking for another championship.

On Sunday, though, the Shock routed the top-seeded Connecticut Sun 79-55 in Game 3 to win the Eastern Conference finals and advance to play the defending champion Sacramento Monarchs. Game 1 is Wednesday at The Palace.

"It's been a work in progress," Laimbeer said. "We were still so young in '04 and didn't really understand how hard we had to play."

Detroit's win in the conference final improved its record over Connecticut to 5-2 this season.

The Shock's history against the defending champs isn't as good.

Detroit beat Sacramento 91-71 at home on July 26, but that marked the only time they have even been competitive with the Monarchs during the last two seasons.

Just four days later, the Shock lost 94-61 in Sacramento. In 2005, the Monarchs won the two meetings by an average of 28.5 points.

"It's going to be a battle, but I like our chances," Detroit captain Swin Cash said. "Obviously, Sacramento has something we want." (AP)

In Brief

FOOTBALL

To Get New Wide Receiver, Eagles Trade for Stallworth

Still looking to replace Terrell Owens, the Philadelphia Eagles acquired wide receiver Donte Stallworth from the New Orleans Saints on Monday. The Eagles sent veteran linebacker Mark Simoneau and a conditional fourth-round draft pick in 2007 to the Saints. Stallworth, the 13th overall pick in the 2002 draft, had 70 receptions for 945 yards and seven touchdowns last season. (AP)

Stallworth

FOOTBALL

Greg Jones to Miss Season After Tearing Knee Ligament

Jaguars running back Greg Jones will miss the season after tearing a ligament in his left knee. Jones, the team's starting fullback and Fred Taylor's primary backup, injured his knee Saturday against Tampa Bay. Coach Jack Del Rio initially said it was a sprained medial collateral ligament, but tests revealed a torn anterior cruciate ligament. (AP)

UNITED

United Midfielder Mediate Has Surgery on Broken Leg

D.C. United midfielder Domenic Mediate had surgery on his broken right leg Monday and is out for the season. Mediate was injured five minutes after entering as a substitute in the second half of Saturday's game against the Galaxy. (AP)

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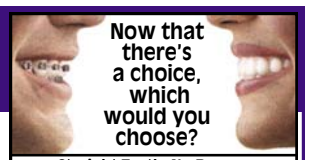

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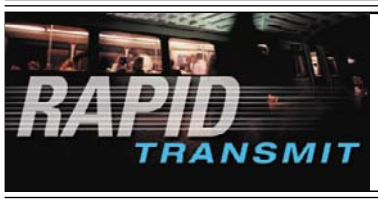

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Sports

DAVID GUTTENFELDER/AP

BEST OF THE BEST: Germany's Dirk Nowitzki is averaging 24.5 points and 10.3 rebounds per game — both tournament highs at the world championships.

Dirk Presents Big Challenge for U.S.

Mavs star leads a team with no other NBA talent against America

BASKETBALL | The bracket says the United States will be facing Germany in the quarterfinals of the FIBA world championships Wednesday. In truth, the U.S. is facing Dirk Nowitzki.

"He's an amazing player," U.S. guard Kirk Hinrich said. "He poses unbelievable matchup problems for any team, either in the NBA or here. He is used to playing internationally and with his German teammates. He poses a real challenge."

In Dallas, Nowitzki is the best player on a talented team. In Japan, he is the best player on a team without another NBA player.

Nowitzki leads the tourney's remaining players in scoring, at 24.5 points per game, and rebounding, at 10.3 per game. He also leads his team in assists, steals and turnovers.

Germany probably needs something big from Nowitzki if it hopes to stun the red-hot Americans, who are 6-0 and have won their last two games by a combined 216-131.

"Obviously, the U.S. is the favorite to win it all here, but you never know," Nowitzki said. "Every game has to be played." (AP)

MLB

AMERICAN LEAGUE

EAST	W	L	PCT.	GB	HOME	ROAD
N.Y. Yankees	77	52	.597	—	39-23	38-29
Boston	71	59	.546	6.5	39-24	32-35
Toronto	69	61	.531	8.5	41-27	28-34
Baltimore	59	71	.454	18.5	36-34	23-37
Tampa Bay	52	79	.397	26	34-31	18-48

CENTRAL	W	L	PCT.	GB	HOME	ROAD
Detroit	82	49	.626	—	40-24	42-25
Minnesota	76	53	.589	5	44-20	32-33
Chicago	76	54	.585	5.5	42-25	34-29
Cleveland	60	69	.465	21	34-31	26-38
Kansas City	47	85	.356	35.5	29-37	18-48

WEST	W	L	PCT.	GB	HOME	ROAD
Oakland	74	56	.569	—	36-26	38-30
L.A. Angels	69	62	.527	5.5	34-31	35-31
Texas	67	65	.508	8	32-33	35-32
Seattle	61	69	.469	13	36-30	25-39

NATIONAL LEAGUE

EAST	W	L	PCT.	GB	HOME	ROAD
N.Y. Mets	80	49	.620	—	43-23	37-26
Philadelphia	65	65	.500	15.5	33-35	32-30
Florida	63	66	.488	17	34-30	29-36
Atlanta	61	68	.473	19	28-34	33-34
Washington	55	75	.423	25.5	30-30	25-45

CENTRAL	W	L	PCT.	GB	HOME	ROAD
St. Louis	69	60	.535	—	38-24	31-36
Cincinnati	67	64	.511	3	35-33	32-31
Houston	63	68	.481	7	34-31	29-37
Milwaukee	62	68	.477	7.5	39-26	23-42
Chicago	54	76	.415	15.5	27-36	27-40
Pittsburgh	50	81	.382	20	33-33	17-48

WEST	W	L	PCT.	GB	HOME	ROAD
L.A. Dodgers	68	62	.523	—	39-26	29-36
San Diego	66	64	.508	2	33-36	33-28
San Fran.	65	66	.496	3.5	38-31	27-35
Arizona	63	67	.485	5	31-33	32-34
Colorado	61	69	.469	7	34-30	27-39

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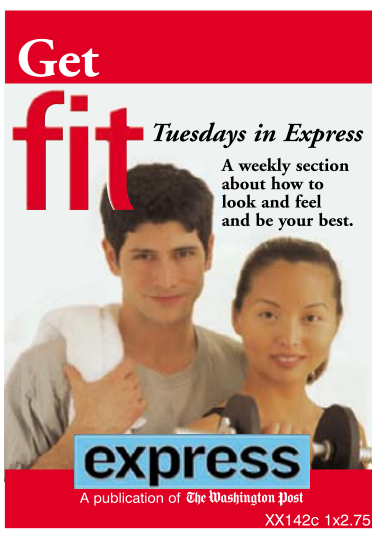

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If so, you may qualify for the Rise and Shine clinical study researching a new investigational treatment for Restless Legs Syndrome (RLS).

There is no cost to you for participating and you will be compensated for your time and travel. Please call today. Instead of restless nights, you've got a chance to rise and shine.

1-866-394-7365

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Investigational Malaria Drug Study Minutes from the Medical Center Metro Station in Bethesda

Located: On the campus of the National Naval Medical Center.

WHO: Healthy men and women 18-55 years of age

HOW: 1 screening session, 1 pre-admission session, a 5-day inpatient stay and 3 outpatient visits.

Compensation provided

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JOBS

ACCOUNTING—A/R, 3-5 yrs exp. w/Mas90 pref. Good pay/benes. Fax resumes to 703-658-5084.

Accounting

ACCOUNTS PAYABLE

Clear Channel DC seeks to fill an opening in the Accounts Payable Dept. Prior A/P exper. is a must. The ideal candidate will be highly organized and capable of multi-tasking in a fast-paced environment. This position is directly responsible for verifying, coding & entering of vendor invoices. Prior Peoplesoft exper. a plus. Send resume & salary reqs. to Director of Finance, Clear Channel DC, 1801 Rockville Pk., 1st Floor, Rockville, MD 20852. EOE.

Activist

CHARITY CANVASSER

Fundraise for Children in developing countries with a leading international charity. $12-$25/hr, healthcare, paid vacation and career opps. Call now on 703-312-1101 for an interview today!

Admin Assistants

Great firm in Fair Lakes is seeking administrative assistants with superior customer service skills, solid computer skills, and the ability to multi-task for FT positions. Great salary with good benefits, including 2:00pm office closings on Fridays. Email resume to jobs@cmc-management.com or fax to 703 631-9596.

Administrative

INTAKE SPECIALIST/ ADMINISRATIVE ASSISTANT

NCRC seeks an Intake Specialist/Administrative Assistant for the National Anti-Predatory Lending Consumer Rescue Fund (CRF) Program who will ensure that clients have the required documents and information necessary to meet the parameters of the program. This candidate will serve as a primary point of contact to families, community-based organizations, staff and member agencies that wish to make referrals to the program.

The successful candidate must be self-motivated with excellent attention to detail, strong interviewing and interpersonal skills, and able to work independently.The ideal candidate must possess excellent customer service skills, the ability to communicate with people of diverse cultures and backgrounds and is knowledgeable in MS Office programs including database applications. Mortgage counseling and/or civil rights experience is a plus. Bilingual (Spanish/English) preferred. Interested candidates should submit in confidence a cover letter and resume with salary history to: Lloyd P. London, Director, Consumer Rescue Fund via Fax: 202-628-9802 or via Email: LLondon@ncrc.org NO PHONE CALLS NCRC is proud to be an affirmative action and equal employment opportunity employer.

AUTO—Local tire co. looking for **Tire Technician.** Exper'd only. Good pay & benefits pkg. Call 301-585-2740.

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JOBS

AUTO SALES

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DARCARS is currently seeking energetic, career minded professionals to join our growing sales team at locations in the DC area. **Experience not required** - we will train in our state of the art training facility! In addition to our aggressive pay plan, we offer:

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Apply in person, at DARCARS of Silver Spring 12214 Cherry Hill Road, Silver Spring, MD 20904 (at the corner of Rt. 29 and Cherry Hill Rd). Contact Shannon Ryan at (301) 622- 0020 or sryan@darcars.com for more info or to schedule an interview.

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BRICKLAYERS

Top pay. Exper'd. only. Various NoVA locations. Drugfree workplace. EOE.
703-971-6840

Building

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Needed with HVAC exper. & chillers & CFC certified. Benefits incl. health, 401K, 2 wks. paid vacation. Tysons Corner Ctr. Call: **703-929-0487** or **703-893-1464**

CABINETMAKER & HELPER

Minimum 3 yrs experience. Ability to stain a plus but will train. Salary negotiable. Fax resume & pay history to: 703-330-8682. Manassas location.

City Job Openings

www.allfedjobs.com

Construction

Electrician Project Managers, Foreman, Mechanics and Helpers needed. Apt wiring exp. necessary. Fax resume 301-779-1279 or call 301-277-8370.

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FOREMEN NEEDED/INTERIOR
COMMERCIAL DEMOLITION.
Must be bilingual, exp'd.
Call: 240-631-6677.

CONTROLLER

This position reqs a CPA w/exper. in Medicaid audit & cost reports, monthly & annual fin. reports. Must also have strong analytical & personal computer skills. Attractive salary w/fringe benefits. Fax resume to: 202-829-2860 Attn: Executive Director

COOK/DRIVER

Travel Opportunity with established DC & Palm Beach family. Call 703-922-4656 with references. Benefits. Must have citizenship or green card.

CUSTOMER SERVICE

A busy courier co. in Tyson's Corner is in search of an energetic person w/customer Service experience. PC literate with Excel. Hourly position + benefits. Email resume to: jcribeiro@lasership.com

JOBS

CUSTODIAN/PAINTER

OAKWOOD WORLDWIDE has an immediate opening for a full time PAINTER/CUSTODIAN at our Arlington, VA location. Apartment painting experience preferred along with superior cleaning and strong customer service skills.

Very competitive comp & benefits package. *med/dent, vision, short/long-term disability insur, paid vac/sick leave, paid holidays, and a 401(k).

Please send resume to: dbennett@oakwood.com or fax to: 1.703.258.3025 Attn: D. Bennett or apply in person at: 1550 Clarendon Blvd., Arlington, VA 22209 1.703.258.3000. EOE

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Your career can go places with Alaska Airlines. We are currently recruiting for:

CUSTOMER SERVICE AGENTS

We will be conducting interviews on
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Hotel Helix
(use McPherson Square Station or Dupont Circle Station)
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Washington, DC, 20005

Valet parking will be validated for the event.

Mandatory registration online required prior to the event: http://jobs.alaskaair.com

Orientation begins at 9:00am and candidates must be prepared to stay the entire day for the process.

We offer a dynamic work experience plus:
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- A competitive benefits package (med/dent/401k)
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Must be at least 18 years of age, have a HS Diploma/ GED, be able to accept $10.30 per hour as a starting wage, have at least 2 years of customer/community service, be able to work varied shifts as assigned (mornings, nights, weekends, holidays), have a valid driver's license, be able to participate in 5 weeks of paid training in Seattle, be a U.S. Citizen or registered alien with the legal right to work, and must not have interviewed for this position in the last 6 months. **Bilingual Spanish a plus!**

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Customer Service

CUSTOMER SUPPORT REPRESENTATIVE

DC based government consulting firm seeks CSR for a fast-paced call center. Exceptional interpersonal skills a must. PC proficiency & HEAT experience pref'd. Associates degree/higher also pref'd. Salary approx. $40K. Fax resumes to: 202-332-2064. EOE.

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JOBS

Dental

Dent/Ortho

Marktg-Admin Mgr for growing Rckvl ortho offc. Exp. pref'd. Upto 32 hrs/wk. May train good prospect. Fax resume: FAX 301-424-0352 or orthochang@hotmail.com

Dental

Orthodontic Assts.

Clinical Assts. needed FT for Orthodontic prac. Orthodontic exp. req'd. Travel betw. Laurel, Towson & DC offices. Exc. pay & benefits. EMAIL or FAX: resumes@orthodon.com 501-620-5755.

DRIVE - deliver & make money. A courier company in MD needs couriers with **Cars, Vans/PU Trucks & Bikers w/Mopeds.** Call: Sabrina **301-656-4086.**

DRIVE - Deliver & make money! Average $800-$1000 in weekly commissions. We need experienced couriers w/own VAN, Car or PU Truck for routes & local deliveries. **Call Joe: 703-662-2218.**

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A **very busy** NoVA courier company needs **drivers with car, van, truck & moped.** Comm + fuel surcharge. Call **JC** regarding our **$300 sign-up bonus/benes. 703.847.0637 / 301.536.6089**

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DRIVER — Earn $600-800/week FT, $9-14/hr PT. Driving for TakeOut Taxi, the area's largest restaurant delivery service. Own vehicle req'd. Call: **301-571-0111.**

Driver

Tow Truck Driver, 3 + yrs exp. a must 301-772-2998

DRIVING/LIMO - CDL w/P

PT eves & wknds. VA/DC/MD. $18-$20/hr. Springfield **703-550-7200**

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3 yrs min exp. Please fax resume to 703-440-5746.

FOOD SERVICE

Alexandria private day school. FT/PT pos. Food prep exp. prefer. M-F excellent pay & benefits. Drug/background check. Call Pat or Jaz 703-212-2831 EOE

Housekeeping

Environmental Services Housekeeper/Floater

Lux hi-rise condo in Alex., VA seeks "3" qualified, dependable individuals for our day shift, FT hourly positions as an Environmental Service Worker. Position requires a person to be flexible and willing to work in all areas of housekeeping as needed. Duties include but not limited to keeping the common areas (floors, walls, fixtures, etc.) and corridors clean and free of debris. Must know safe and proper operation of a buffer and other floor cleaning related equipment. Knowledge of general cleaning and cleaning chemicals a must.

Starting salary is $8.75 an hour. FT positions provide possible OT, health, life, dental insurance and retirement benes. Stable and verifiable work history a must. Criminal background checks will be conducted. Apply in person, fax (703) 823-5630, or send resume to: Asst General Manager, Watergate at Landmark, 211 Yoakum Parkway, Alex., VA 22304. No phone calls, please. EOE

LABORERS - PIONEER ROOFING is holding a **JOB FAIR.** Looking for skilled & unskilled Laborers in the roof industry. Job Fair to be held on **Friday, September 15 from 12-3pm** at the Virginia Employment Commission located at 13370 Minnieville Rd., Woodbridge, VA 22192.

LEGAL ASSISTANT

Silver Spring. Requires excellent trial experience. We are ready to beat the pay & benefits of the candidate we hire.
See: markskatz.com Fax 301-495-8815

LEGAL ASSISTANT

Silver Spring. Requires excellent trial experience. We are ready to beat the pay & benefits of the candidate we hire. See: markskatz.com
Fax 301-495-8815

JOBS

LOAN OFFICER—needed for expanding mortgage co. in Fairfax, 10 exp'd pos. avail. Call Mr. Green 703-352-1919.

LOAN OFFICERS WANTED

PT/FT. No exper. nec. Work from home.
email: resume@e-pfa.com

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New or experienced. Earn from $75K per yr. In house training. Call 301-931-3701 or fax resumes to: 301-439-0514.

Loan Officers/Finance

Interested in establishing a dual career or a potential career change into finance/mortgage? Oppty to earn $1K+/mo. to $100K+/yr. No exp. needed. Training. Commission based. Flex hrs. Tysons Corner. Call 703-918-4910. Fax resumes 703-918-4911.

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Tremendous oppty for your great future. Enjoy what you do, don't be chained to a desk. We seek ENTRY-level technical personnel, no exp. nec. You train in our state of art classroom facility, hands on training with senior personnel. Superb training at full pay on Locksmithing, excess control, safes. Training never ends during your career here. Must be familiar with basic tools (drill), self-starter, clean DL, have common sense. Great team. Fascinating field, always in demand. www.fedlock.com. Fax resume with cover 703-525-1637 Michael.

MAINTENANCE

Holiday Inn Eisenhower

has a job opening for an exp. Building Maintenance Technician. Flexible hours, weekends included. Please fax your resume to 703-329-0953. Apply in person, no phone calls.

MAINTENANCE TECH

Temple Hills area. 3yrs exp. Must be HVAC cert. Have tools & transp. FAX resume to: 301-894-7673.

Massage Therapist

Career College is seeking a Massage Therapy Instructor. Must have a minimum of 3 years exp. in the industry and posess a VA certification and NCTMB. This is a FT position with health/dental and 401(k) benefits. Please call Mr. Todd Koch at 703-908-8300 or email tkoch@banner.edu

Medical Admin. Assistant

Busy outpatient Physical Therapy practice. Bilingual (Spanish & English). Fax or Email resume: 301-853-0096; campt@camphysicaltherapy.com

Medical Assistant

Career College is seeking a FT Medical Assistant instructor with a minimum of 3 years of experience as a Medical Asst. No previous teaching is required. Call LeShawn 703-682-9363 or email lrobwers@banner.edu.

MENTAL HEALTH

Commun. Resource Spec

*FT, BA Degree in Human Service field pref. Relevant work exp. may besubstituted for degree. Must have exp. with adult with chronic mental illness. ASL skills pref. Good driving record and valid driving license req'd. Fax resume to K. Bell 301-918-9758. EOE

Mental Retardation

Quality Assurance Officer

Seeking a results-oriented quality driven professional w/broad knowledge & experience in the area of mental retardation quality assurance w/emphasis on clients medical records review & clients program records. Responsible for all training programs. Attractive salary w/fringe benefits. Fax resume to: 202-829-2860 Attn: Executive Director

MOVER/DRIVER—able to run a crew, call Steve 703-622-0570

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Classifieds

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NURSING

Director of Nursing

$33/hour. Small home health agency in Largo. 30 hrs/wk. Conduct home nursing supervision visits, train & assign staff. Complete client in-take. Strong admin. skills. Min 2 yrs mgmnt. exper. FAX resume: 301-386-8877 or EMAIL: jaaina@dzwireless.com

OPTICAL SALES

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Evenings/ Weekends. MD. **Call 301-986-9271**

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Seeking an energetic and reliable individual to fill a FT position as a Print Press Operator to accurately and efficiently complete orders for our digital printing operation. T-shirt screenprinting experience a plus. For details: Email digitaljobs@customink.com or visit: www.dyoapparel.com/jobs

PROJECT MANAGEMENT

Change Management Consultant

Applies organizational change management processes and methodologies to facilitate communication of change messages. Performs stakeholder assessments and stakeholder interviews. Executes communications and facilitation component of Organizational Change Management. Provides support across all CM work streams; possesses solid communication, facilitation, OD and quantitative skills. 4-8 yrs. exp. required. Job site located in Northern VA. Resume to **hr@teksouth.com. EOE**

PROMOTORS (ENTERTAINMENT)

Promote weekly events. No experience necessary. Ideal for students. 301-899-1233

RECEPTIONIST/Part-time

Needed in outpatient facility. 20-25 hrs/wk. Salary negotiable. Fax resume: 202-775-0832.

Refrigeration & HVAC Mechanics

Facility Maint Co seeking F/T mech in DC Metro area. Generous sign-on bonus avail to qualified candidate. Responsible for repairs & responding to service requests. HVAC, Refrigeration, Comm skills & ability to direct work req'd. Generous salary & full bfts pkg. Fax resume w/salary reqmnts to 703-642-1602 or e-mail Chris.Brown@gshgroup.com

Restaurant

Catering Representative

Seeking English speaking person to represent catering co. Contracts, deliveries, customer relations. Salary based on exper. Fax resume: 703-538-4601.

Restaurant

Catering Prep

Seeking Catering prep person. Mon-Fri. English speaking. Fax resume: 703-538-4601.

Restaurant

SOUS CHEF FILOMENA

Filomena Ristorante of Georgetown seeks experienced Sous Chef. 2 yrs minimum expr in high volume restaurant. Culinary degree reqrd. Excellent cooking and creative skills reqrd. Must be able to taste all foods, self motivated and interact well with all staff and mgmnt. Competitive salary and benefits. Fax 202-338-8806, email **michael@filomena.com,** Ph 202-338-8800

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High volume exper. req'd. FADO Irish Pub, 808 7th St., NW. 202-789-0066

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Restaurant

Delivery Person

Early morning hrs. Must be customer svc. oriented. Must speak English. Fax resume: **703-538-4601.**

RESTAURANT

DINING ROOM MANAGER

Casual dining American restaurant in Georgetown looking for friendly, exper'd., energetic Dining Room Mgr. Competitive salary & benes. EMAIL resumes to: **resumes@chadwicksrestaurants.com**

Restaurant Manager

Family style restaurant located in Washington DC is seeking exp Managers for immed employment. Strong cost control, stock development and customer service skills req'd. Candidate must be computer literate. Please fax resume to 301-773-4867 Attn: Ms. Small

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SERVERS, HOST/HOSTESS, BARTENDERS.

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Want to make $30-35 per hour? RN's with BSN or MSN needed to teach nursing in a DC nursing academy for its PN Prog. Email resume to vray@vmtltc.com or fax (202) 282-3109. EOE

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Assistant to the CEO Top Salary

Quantum Companies, a hotel and shopping center owner is seeking an Assistant to the CEO with strong organizational, communication and computer skills and at least 5 years of experience. Attention to detail, accuracy and follow through are a must. Attractive office location convenient to Metro in Bethesda. Email resume and letter of interest to — HR@quantumco.net

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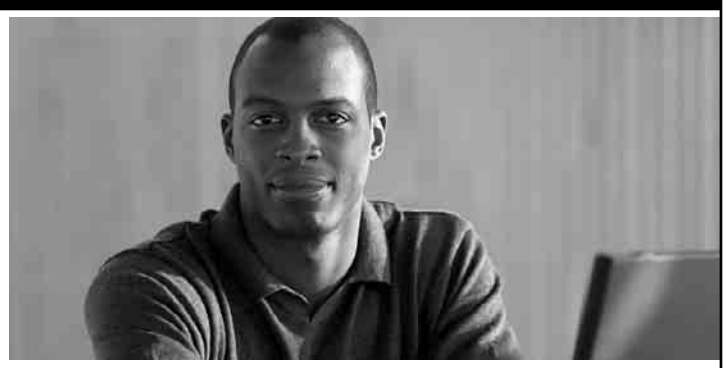

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SALES

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For more information: www.washingtonjobs.com

Send resume to: Talentsearch@washpost.com
Attn: HR/Auto/JT

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SALES

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Call us Today to set up an interview Pohanka Automotive Group-Temple Hills, Maryland. 301-423-1100

SALES

The Washington Post

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SALES

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Sales-Telemarketing

SALES CONSULTANT

Seeking an experienced call center Sales Consultant. Complete benefits package including health, dental, bonuses, great pay plan and much more. Earn up to 70K. Located in Tysons Corner VA. Call Adriana at (703) 790-1000 x538 to arrange a confidential interview.

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Please contact 301-299-1699.

SECURITY GUARDS

Prof. Security Guards needed for a premier events security company in DC. Current security exp. & DC guard license preferred but will train. All shifts available. Apply online at www.ppssvc.com in person at 1050 17th St. NW Suite 600, W DC 20036 or fax resume to 301-292-9604

SECURITY OFFICERS

50 immediate openings in Washington, DC Also positions in MD & No.VA. All shifts FT & PT, no exp. necessary. Weekly pay, apply in person at CES Security, 8555 16th st. suite 100, Silver Spring, MD. M-F 9am-5pm. Call 301-608-8264

SECURITY OFFICERS

Beltsville Area. FT & PT. Military or prior security experience preferred. Starting pay: $14-$15/hr. CALL 443-854-8931.

SECURITY OFFICERS —$1000 sign on bonus + free benefits. FT, Armed positions in NoVa. Clean background and vehicle a must. Must be able to work nights. Apply today with Amber at Security Associates, 703-257-0292

SECURITY PERSONNEL

Bouncers & search experience preferred. Call The Legend Nightclub at 301-894-3535 after 11am.

Social Services

Immediate openings in a Medicaid Day Program for Adults with intellectual disabilities. Must have outstanding interpersonal skills, excellent written & communication skills. Candidates should be enthusiastic self-starters, have excellent organizational skills, and be detail-oriented. Must be proficient in Microsoft Office Suites. The openings are as follows:

- **ACTIVE TREATMENT SPECIALIST/ PROGRAM ASST.** — requires a min of 1 yr. exper. working with MR/DD population. BA in a related field pref'd.
- **IPP COORDINATOR** — knowledge of active treatment documentation req'd (ISP & IPP). Knowledge of goals & objectives for persons with MRDD. Will attend ISP meetings, quarterlies, etc. Degree in a related field req'd.
- LPN — Requires certifications & license. **NO EVENINGS, NO NIGHTS, NO WEEKENDS.**
- **MAINTENANCE/JANITORIAL** — Previous exp. in facility upkeeping req'd.
- **PROGRAM AIDE**— Implementation of the activities of daily living (ADL) schedule for assigned clients. Monitoring & assisting assigned clients with changing & feeding.
- **SOCIAL SERVICE ASSISTANT** — Requires a min of 3 yrs in the field. Case management pref'd. **Must have a degree in social work. (BSW).**

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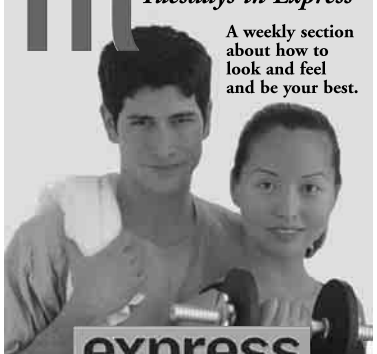

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LORTON/Ft Belv—Sylvan, Parklike Setting - 3 serene acs, remod 4BR, deck, sun rm, pets consid., $2065/mo. 703-241-8588

MANASSAS PARK —Cls to VRE & 28, 3 lvl 3BR 2BA 1-car gar TH, fenced yd. $1695/ mo 703-726-0388

Maryland Renters, Why Rent?—Why pay your landord's mortgage? Call me to get qualified for your own home. The 1st step to moving!
Offered By RE/MAX 100
Office 410-535-7082

MCLEAN/The Regency of McLean
1BR APT w/2-car gar pkg. $1,550/mo.
703-850-4004

NE—2BR apt., newly renov. Sect 8 accepted. 523 59th st $800/mo. 301-927-2542

NE DC—21 3rd Place. 5BR, 2BA TH. Sect 8 only! $2,600/mo. 240-338-0955.

NE/NR GALLAUDET—3-BR 2½-BA, fpl, CAC, $1595. 301-589-0700

NW—1 & 2 BR apts avail immed. Nice locations. Reasonable prices.
Call 202-635-7547

NW DC—Gorg. new, 1BR Condo. SS applcs, W/D, wlk in closet, hdwd flrs. $1,250/mo. 703-751-0534

NW—Nr Metro. Lg/Furn:$400-600. Dep. 202-829-3307; 202-374-2649

OXON HILL — 3BR/2½BA TH. $1500/mo + utils. CAC/HEAT. W/D. DW. WW Carp. Sunrm. Well maint. Sec 8 welcome. **Open House Sun** 8/27 & 9/3: 3-5pm. **301-257-5126**

RESTON Nr Lake Ann #11516 Hickory Cluster—3BR, 1½BA, 3 story TH, beaut view, walk to Lake Anne, swim pool, Elementary School $1650. Open Sun. 11-3. 703-757-5484 Roger

ROCKV—SFH in area of Aspen Hill, renov rm avail for $450 incl utils, sec dep req'd. Close to pub trans & Metro. 301-758-7361

ROCKVILLE/GAITHS—1 & 2 Lg BRs. Furn or unfurn. Short/Long term, Corp/internships. Fully equipped kit/balc. Nr Metro, park w/pool & gym, grocery. Good rates. Utils incld/cable **301-948-0087.**

SE/1500 V St. — Restored 2BR, ac, quiet block, $895+utils. **202-487-6143**

SE—1BR, 1BR w/den & 2BR apts. $675 & up + elec. No pets. Call 202-265-4814 or 202-889-4083
Fred A. Smith Co.

SE/2343 GREEN ST—Lg 2BR's near Metro. Hardwood floors. Private parking. Balconies, indoor laundry facility. $750-$800 + utilities.
Delwin Realty 202-678-2548

SE/3325 MLK AVE—New W/W carpet, wlk in closets, sec building, laundry, Nr Metro. $475+util.
DELWIN REALTY 202-561-4675

SE/3744 1st St. — Large 1BR Secure bldg. Near Metro, pvt prkg. $565+util
DELWIN REALTY 202-561-4675

SE: 400 CHAPLIN ST—1BR apt. $625 + utils. Small, quiet, safe building
OPEN HOUSE AUGUST 30 4-7pm
Waggaman Corp 202-537-8970
Housing Choice Voucher Welcome
Equal Housing Opportunity

SE: 4010 9th St.—1 BR $700+e. Totally remodeled,brand new apt; hardwood flrs, A/C, balcony, Southern Avenue Metro; Bolling AFB. Safe, secure bldg; laundry rm on-site.
OPEN HOUSE SEPT. 2, 8AM-10AM
Manager: 202-270-1319
Waggaman Corp 202-537-8970
Housing Choice Voucher Welcome
Equal Housing Opportunity

SE/451 BURBANK ST — 2BR newly remod. CAC/heat, W/W carpet. Sec 8 welcome. $1000. 301-248-6415

SE/5023 H St. — Remod 4 br, 2 ba apt. A/C. Section 8 ok. All credit considered. Nice Block! $2000 + utils.
202-487-6143

SE— Brand new 2 BR condo avail w/new appls & W/D, section 8 ok. Call Mitchell Management Corp, 202-250-4240

SE Danbury St—1BR $560. Good credit req'd. 202-563-1791

SE/FAIRFAX VILLAGE $1150
2BR & loft, end unit condo TH, CAC, updt appls, W/D, DW, HW flrs. Cls to 495/295, Naylor Rd & Potomac Ave Metro & much more! **202 575-0644**

SE/NEAR METRO—Renovated 1BR & 2BR apts, central air, carpets, quiet bldg, secure, great back yd,Voucher Approved. Ask about August Special.
Call 703-780-0040. Leave msg.

SE—New renov 1BR, 4633 Hillside Rd. Sec 8 ok. 703-967-8206

SIL SPG— 2BR, 1¼ BA in hi-rise. Huge balc, hdwd flrs, cable, ceramic, new appls, pool, gar space, lots of closets, 24 hr frt desk. 1900 Lyttonsville Rd #1215 off 16th nr Metro/dntn. Avail. $1700. 202-291-4409

Sil Spg Town & Country—3BR 3.5BA TH, fin bsmt, new paint, near shops, walk to Metro $1795/mo
DUFFIE INC. 301-434-3040

SOUTH RIDING—Beaut crnr unit SFH. Avail. immed. Rent to buy. 3 lvl, 5BR, 3½BA, 2 car gar, deck, bsmt w/ bar. $2600. Call 703-327-5747.

SPGFLD/6202 Tyner St - 4BR/3BA Col. on cul-de-sac. Excel loc, schls & commute! $2150/mo.
703-994-6868

SPGFLD—SFH, 4BR, cul-de-sac, 18 mi. Pent. Excellent area. Off Ffx Co. Pkwy. A must to see. $2600. 703-440-0397

SPRNGFLD/Newington Forrest—2BR 2½BA TH w/fin bsmt & patio. Avail Immed $1425 call 571-435-4770

STAFFORD—4BR, 3½BA, 4/yo $1600. 703-498-7680; 703-400-9633
WOODBRIDGE—5BR 3½BA det. 2c gar SFH. $2000/mo. 571-234-3486

Stafford $2150
SINGLE FAMILY HOME for RENT
Colonial 4br,3.5b, 2 fmly rm, lr, dr, fin bsmt, 2 car + more on Rte.610.
540-848-5333

Suitland NEAR METRO!
Regency Ct Apts -- Location is everything!!
Across from Suitland METRO, EZ access to Beltway. * Gated Access * Central Air * UTILITIES INCLUDED *
2BRs from $925 call 1-866-702-5053

SW Oak Park Apartments
125 Ivanhoe Str. Spacious 1Br and 3Br apts available for Mid-Sept move in. $675-$1,075 + Elec. Incl g/d, d/w, CAC, freshly painted and new carpet. Please call Andy at 202-315-1104 to set up appt.
www.novodev.com

UPPER NW—Furn, cable ready, nr Metro. $150/wk. 240-482-5793

VIENNA/TYSONS—$1975/mo., 3-BR 2 full 2 half BA, TH. Call Irene 703-926-0269 L. Wu Realtor

WE NEED A HOUSE TO RENT OR LEASE—Lng trm. We have been renting at our curr. add. for 18 yrs. Landlord/ownr wishes to sell this hse @ a price we can't afford, so we must move. 202-544-8694

WOODBRIDGE— 3 BR, 3 FBA, frpl, fin bsmt, jacuzzi, 2 car gar. $2450/mo. 240-671-5628; 540-560-2788

WOODBRIDGE/Lakeridge — 3BR TH, 3 level, $1895. Call Nisha, 571-212-1855

Woodbridge $1700-Quiet Cul-da-Sac
Four Bdrm, 2.5 Bath Brick House. Fresh carpet, paint & floor. Fenced yard. Pets considered. Section 8 OK. 703-850-8840 for appointment.

LARGO—3BR/den, 3lvl TH, Campus Way S, $1700. 202-669-2965 or 240-893-5140

ROOMMATES

ALEX—Shr TH. Walk out bsmt w/ FBA & w/w carpet. Close to Van Dorn Metro. $700. 703-625-7866.

ARL—Furn. BR Nr Ballston. $700+ 1/3 util./CATV. Prof M/F to shr, N/S, no pets. CALL 703-807-0257, 9am-8pm

ARL— Wlk Ballston Metro. Immed. Rms $625. Lg Rm $695; Rm w/pvt BA/entry $850. + Utils.
703-599-7572

BETHESDA — 3BR apt to share, near Grosvenor Metro. $650 utilities included. Call 202-321-5818.

BETHESDA/TAKOMA PARK/LAUREL, HOWARD CO.—1, 2, 3 & 4BRs, Fin Bsmts. Reasonable rent. Immed. 240-432-8148; 301-404-8315; e-mail: jdmehtacpa@yahoo.com

BOWIE — Rooms for rent, $600 incls all util. Share kitchen & bath. Call 301-249-6870 or 301-356-5395.

BRISTOW—Bsmt, 2 rooms w/prv BA & entr. Shr kit, $750/mo call 703-330-1324

BURKE—Prof M/F to shr TH. N/S. 1BR w/pvt BA. 9841 Lakepointe Dr. $490+⅓utils. **703-868-2272**

CAP HTS—Newly renov Bsmt. quiet & spacious. Lg rm. Cable. $150/wk + shr uitls. 202-270-7814

CAPITAL HTS/Suitland—Furn. Rms, 1 w/pvt BA. Nr Metro. Starting $135 & up, deposit req. 301-868-7680

CAPITOL HEIGHTS—$193/wk. New furniture, all utils + cable & on-site laundry facilities.
Victoria Brown 202-438-8785, Dwayne Brown: 202-345-1684 **Newway Investments, LLC**

CENTREVILLE—$575, House to share, priv rm, priv BA & parking space call 703-798-3448

CLINTON— Fs, N/S to shr hse. 2 BRs avail. W/D. $700 & $650 + ½ utils. Free cable. Avl 9/1. 301-868-4493

COLLEGE PK—Lg 2BR, 2BA Condo to shr. $800/mo inclds utils. 703-360-3677 or 703-863-7143.

COLLEGE PK—quiet neighbrhd, cl to trans /shops. $500/mo incl all util. Call 301-717-9057.

COLUMBIA—Furn. BR w/pvt. ba. for M. Shr. kit. Nr 70/29 & malls. $750 incls. utils. 1 yr lease. 410-872-1616

DALE CITY/WOODBRIDGE—Prof M/F shr 3 lvl TH. N/S, N/P, bsmt, pvt BA, $675 + qtr utils. Jun, 571-274-1818.

DIST HTS— private furnished rooms quiet home near bus metro shops 301-568-3386

FAIRFAX—SFH to shr, 4-BR 3-BA. $700/MBR, $500/BR. Conv. 50/66, close to shopg ctr. 571-451-5367

Falls Ch/Tysons— F shr condo. On busline, wlk to shops, prkg, $550 incl all. Avail 9/1. 703-599-7931

FFX CIRCLE—New carpet. 3BR. 2½BA TH. 2 car garage. $750; $600; $550. 703-646-5328; 202-404-8560

FFX CITY—Female shr SFH, furn BR, nr metro, GMU, bus, I-66. $425/mo utils incld dep. req. Avail now, call 703-691-0191 or 703-501-9013
e-mail: mslmed@msn.com

FT. WASH—Furn Rms, Hse to Shr. Shr LR/DR/Kit, W/D, $550/mo + up, Utls & cable incl 703-856-6075

GAITH—Hse to share. 1 rm $299+ sec dep., close to Metro, shpg ctr., M, nonskmg. Call 301-219-1066

GLENARDEN—Rm for rent in SFH to shr. N/S. $500/mo, utils incl. Cls to Mass transit. 301-773-4837 or 240-821-3174

HAYMARKET—Prof. M/F n-smkg shr lrg country club home. Pvt BA. All amens. $750 Call 703-655-5557

LARGO—9834 Royal Commerce Place, off Prince Pl. Close to PG College and Largo Metro. Btwn $600-$650. 240-338-0955.

LORTON—TH to shr. M/F, N/S, no pets. Walk to Lorton Sta. $425 util. incl. 1 yr lse. Avail. immed. 202-746-1137

NE/M PROF N/S—LG 4BR 2½BA hse to shr nr Ft Totten Metro. **RM avl.** All utils & cbl incl. Maid svc. $750/mo. **202-494-3692**

NEW POTOMAC—4BR 2½BA, $800 util incl, CATV, WEB, w/d, ac, horse stable. 301-574-4326

NW—House to share, furnished rms $600/$700. 1 mo. rent/1 mo. security. 202-413-8097

SPRINGFIELD—House to share.
$500 + utils. 703-966-4393

STAFFORD—Sh house, bsmt rm avail 1500 SF, own bath, sh entr & kit+ sep room, $850+utils 703-608-8078

Steps to Pentagon City Metro—Nov. 1st, F to share furn 2BR2B apt, inter, Cbl, W/D, Fitn, in.pool, 703-414-0013, $1000 inc. utl.

TYSONS/MCLEAN—Lux condo to shr. Beaut rm w/pvt BA. $650/mo + ½ utils. N/S. **F.** no pets. 703-899-3309

Upper Marl—Shr SFH, lg MBR, M/F N/S, free catv, W/D, $700+½ utl+$350dep. Avl 9/1. 301-249-6044

UPPER MARLB—600 Avis dr, 1BR in SFH, sepr BA, shr kit. $800 incld utils, W/D. Call 202-437-7565

VIENNA/OAKTON—N/S M/F shr quiet 3BR TH. all amens. w/d. LAN. d/w. fpl. pkg. nr I-66/123. Metro 5 mins. Bus Route. Deposit req. $645+⅓ utils. Avail now. Call 703-582-7295

WHEATON—Shr SFH, 2 rooms available, close to Mall & Metro Station. $600 each. Call 240-205-3205

CONDOS FOR SALE

ADELPHI— 1 Lg BR nr. UMD, Arhives, 2 walk-in closets, new cpt. & paint, excel. cond. 301 332-1177

ADELPHI—2BR 1BA. Owner/Agent. $179,000 plus $7,000 Closing Help. 240-672-7080.

ALEX/CAMERON STA.—Striking 2BR/2BA: 1350 SF, granite in kit. & BA's, frpl, snrm. Priced below Assessment at $445,900. 571-277-1831

ALEX/WATERGATE AT LANDMARK. 1BR/1BA, Lowest price $255,000; **1BR+den/1½BA,** 1064sf $310,000; 2BR/2BA, Pool view $320,000; **2BR/2BA,** PH lvl, 1309 sf $366,000. 571-277-1831

Alexandria / Landmark $210,000
Don't miss this one!
1 BR / 1 BA Condo updated kitchen & bathroom. For Info & Pictures visit www.Michael-Adams.com
Michael M. Adams 703-869-2225
RE/MAX Allegiance

ARL/ROSSLYN-2 BLOCKS TO METRO
River Place Studio model, incl gar parking. Only $185K. 1-BR units starting @ $199K. Call Harriet for info. 703-447-3336. **Landmark Realty Group**

ARLINGTON-Fab Price! Fab Deal! Fab Location! Take your choice. 2 level. 2BR or 2 level 3BR. Both mins to everywhere. Motivated! 2BR for $299,500 + closing cost help + renovation cash avail or 3 BR for $314,500. Same terms. Principals Only Please. 301 963-6038 or 301 213-4588

Baltimore $679,000
INNER HARBOR
Upto $10K in Closing Help! 2 BR/BA Condo on 24th floor with Harbor AND Stadium Views! Large Open floor plan. Rent with Option to buy also. (443)623-7037.

BETH/PROMENADE $389,900
Seldom available lg. (1250sf) renovated 2BR end unit in quiet South Tower of one of Bethesda's premier luxury hi-rises. Garage, pools, health club, tennis, putting green & so much more. A must see!
Call Peter 301 493-4149.
Fairfax Realty 301-881-9800.

BETH/PROMENADE $785,000
Unique upgraded 3BR + den, 2FBA apt on upper flr w/ spectacular view. 1 of a kind gourmet kitch, 2 gar spcs, indr/outdr pools, hlth club, 7 tennis cts (4 lighted), putting green & so much more.
Call Peter 301-493-4149.
Fairfax Realty 301-881-9800.

BETH/PROMENADE $237,900
Well priced Executive style 1BR apt on upper flr overlooking pool in South Tower of one of Bethesda's premier luxury high rises. Garage, pools, health club & more.
Call Peter 301-493-4149.
Fairfax Realty 301-881-9800.

BETHESDA/PROMENADE $334,000
Grt price for this seldom avail lux 1 BR + den, or 2 BR in one of Bethesda's premier high rises. Gar, pls, hlth clb, tnis, ptng grn + more.
5225 Pooks Hill Rd. #726N
Call Peter 301-493-4149.
Fairfax Realty 301-881-9800

BETHESDA/PROMENADE $329,753
Renov lobby lvl apt, garden like setting, no other high rise like it, gar, pool, hlth club, putting grn, tennis + more. 5225 Pooks Hill Rd #108 N. Call Peter 301-493-4149.
Fairfax Realty 301-881-9800

CARROLLSBURG/1250 4th St SW$331K —2BR 1½BA in Hi Rise across from Metro. Call 202-329-4403, Murrell Realty.

COLLEGE PARK $194,900
1BR, 1FBA, updtd kit., exposed brk, lrg balc. Condo fee incl. all utilities. Seller Pays all Buyer's closing. 100% financing5968 Westchester Park Drive. DIR: N. Kenilworth Ave, R Westchester Park Dr. turn L into the 1st set of bldgs. Call Jason @ 202-251-2851. ReMax/Excel

Falls Church $365,000
FABULOUS NEW PRICE!
Stunning 2BR+Den/2.5 BA Brght & Sunny End Unit w/Comp Redone Eatin Kit w/Gran & New Appls; Cabnts; & Flr. New Crpt; HVAC; Paint; W/D & MORE!Also 4 Rent!3800 Powell Lane #501 FC 22041
Weichert, Realtors
703-216-3005 Christine

GAITHERSBURG—3BR, 1BA.
$215,000 plus $8,000 Closing Help. Owner/Agent. 240-672-7080.

NE/BROOKLAND — 1BR Condo, walking distance to Catholic Univ. $179,000. Financing available, will prequalify. Call 301-792-9353.

NW/The Cosmopolitan 715 6th St. N.W. #1104 (20001) — 2BR, 1BA lux condo. $555,000 202-277-0240 Fairfax Realty

OXEN HILL/Wilson Bridge $190,000
Renovated 2BR nr Nat'l Harbor. Jean, 301-332-9192, R.E. Store

SE/Fairfax Village $145,000
1 BR, 1 BA, Garden style. CAC, W/W. Near public transp & shopping. Ready for immed occupancy. The Real Estate Store 301-423-8081

SIL SPG—3BR 1BA. $238K. Closing Help $8,000. Owner/Agent. 240-672-7080.

HOUSES FOR SALE

A FREE DAILY LIST OF HOMES in DC, MD, & VA for Sale w/Prices, Addresses & Descriptions. Visit www.Move4FreeRealty.com. Sarah **Santa Ana**
703-881-9333 FAIRFAX REALTY

ACCOKEEK $569,900
4BR, 3.5BA, recently upgraded. **1812 Catherine Fran Dr., 20607. Call Sharon 240-832-1326 Keller Williams**

ADELPHI $475,000
3 BR, 2FBA SFH w/2 add'l rooms, fin LL with wlkout. Closing Help Avail. Jai Kim 202-425-8321. Keller Williams Signature, 301-515-1155 X 510

ALEX/Huntington $419,900 WALK TO METRO! Great Value! 5 min walk to Hunt. Metro. Beaut. lg 3BR 2+2BA 3 lvl TH. 5818 Wyomissing. Call Joe: 703-598-4796; Meehan Team, Re/Max Allegiance.

ARE YOU TIRED OF RENTING? Do you want to own? Bankruptcies, liens, judgements, foreclosures, we can help. **Call Berna Able at RE/MAX Allegiance 703-649-0939**

Ballston—MOTIVATED SELLERS! great 2 BR+den, 2 Bth, 3-lvl TH endunit, 2 story brick fp. 4 blks blstn metro. Open Hse Sat 1-4. Sun 1-4$575,000 -offers accptd until 9/17- WON'T LAST!1187 N Vernon St #703-741-7616

BALTIMORE —4BR, 2BA completely renov. $120K. Rents for $1200/mo **4BR, 2BA needs rehab. $50K $40K complete rehab ARV-$125K rent for $1200/mo Call 202-425-5478**

BALTIMORE—House for sale, $34K, rent $700/mo. Have others from $14K. 410-493-9839 or 410-522-7216 lv name & fax #

BELTSVILLE/$640,000/NEW LISTING—Executive-type estate, 5BR, 3 BA, upgrades thru-out. Call Kim Howard at 301 760-0434. $10,000 seller credit. Re/max One Gamble Real Estate Group.

BOWIE 1 LEVEL RANCHER $343,900
3BR 2BA, new siding, hwd flr & carpet, $5k closing help. Call 866-891-7469, Re/Max Specialists

BOWIE/FAIRWOOD — Brickfront TH: 4BR, 3FBA, 2-car gar w/granite counters & SS applcs! Too many amenities to name!! Call Melanie for more details: 301-343-8538. RE/MAX ONE: 1-800-999-5853

BOWIE NEW CONSTRUCTION $429,900-$539,900 4 to choose from. Stone & brk fronts, 3 lvls, upgrade kits, granite, hdwd & ceramic flrs, 3-4 BR, full bsmts, gars. Dwayne, **240-876-3552 Rollinmead Realty.**
BOWIE

RENT TO OWN

Beautiful colonial 4BR, 2½BA, Owner financing avl. 240-213-0213

BRANDYWINE—Low $300's. Brckfrnt, frpl, & columns, 240-286-4335.

CAP HILL $650,000 3 bedrooms, hardwood floors, fireplace in living room, pitched ceilings. 2 car garage. Wlk to Union Station By appt: **202-722-1823 Freedom Realty Gene Wise 202-258-7163**

CAP HILL/STADIUM ARMORY $340,000
2022 C ST, NE. 3BR hw flrs. FR att gar. Closing Help Avl Call KC 202-744-5365 Murrell Realty

CAPITAL HGHTS—5704 Eagle ST. (20743) Great invest. oppty. 3BR, detach'd home that offers 2 deeds, for the price of one. Cls to Metro. Closing assist. Denise,301-922-5173. Re/Max 1.

CAPITAL HTS 1108 Dunbar Oaks Dr. —2BR, 2BA w/bsmt, freshly painted, new kit cntr tops, sep DR, fully fncd, OSP. Closing Help.
Susie Moore Associates - 301-449-7979

CAPITOL HEIGHTS $245,000
3 lvl TH, 4BR, 2½ BA, cac, built in 1989. Edward Cunningham, Exit Premier Realty. 301-669-0063. 301-560-6700

CLINTON $475,000
5BR, 3.5BA SF colo, sun rm, theatre rm, deck. Purchase w/ 0 down. Contct Ron Harris, 202-409-3930. Exit Powerhouse Realty

CLINTON 5309 Trent St. Price Reduced. — 4BR, 2BA, split foyer, hw flrs, recessed lts, carport, huge ingrnd pool, El kit, huge FR, util rm. Some Closing Help. Susie Moore Associates - 301-449-7979

Clinton MD $699,999
OPEN HOUSE TODAY
3 YRS OLD. Lux. Mstr. Suite w/sitting rm, 5 Bdms, 3.5 BA, Gourmet Kit. w/Morning Rm, Hd wd fls, Theater w/wet bar, Exercise. Rm 5600+ SQ Ft, near new PG Harbor Waterfront/30 mins. from DC, & VA. Nearly half acre property. Visit homesdatabase.com Search by MLS #:PG6112192 to see pics. CLS. Help AV. Call 301.203.9084

DEANWOOD $249,950 DETACHED COLONIAL Newly renov 2BR/1½BA, full fin bsmt, deck, fenced yard & more! **Closing paid!** 5326 Gay St, NE.
L. Burton, Re/Max One 301-335-7687

ECKINGTON The Ultimate in Quality
Handsome Victorian w/3 lvls w/poss bsmt rntl, Rftop w/spect. vu's. Rear pkg. 2 blk Metro. 40 Porter ST (20002). Denise 301-922-5173. Re/Max One

FALLS CHURCH $475,000
3BR 2.5.5BA 3 fin lvls TH. Easy wlk to: metro, bus, golf course & pool. Oscar PMA Inc 703-622-4340

FALLS CHURCH—7395F Lee Hwy,
3,320 sqft. Just reduced, $23 psf, cam & taxes additional. Call 301-516-6000.

FAIRFAX/GMU $626,419
SFH "Martha Washington Split Level" 5BR 3BA. updated kitchen. New: paint/carpeting/goegeous hardwoods/w/d/refrig/freezer. Jacuzzi/Gazebo backs to Park. Sunrm, deck. **Walk to coveted Oakview Elem/Robinson/GMU**. Perfect location. **5004 Gadsen Dr (22032).** Call 703-862-8326

Fast Cash for Homes—*Any Area*Any Cond* (240) 731-5933

FORESTVILLE $295,000
YOU'VE GOT TO SEE THIS ONE!
3BR 2½BA TH. fin bsmt. Conv. to Metro & Suitland Pkwy. Call 866-891-7469, Re/Max Specialists

Fredericksburg—BEAUTIFUL 4BD,2.5 BATH, Garage, Deck, New Carpet, bath, 2 fireplaces, more Won't Last, $310,000 703-503-8296

FT WASH—3BR 2½BA lovely TH in sought after area. $250,000 Call Godwin Owinje Exit Premier Realty 240-351-4413; 301-560-6700 x1130

FT WASHINGTON—4BR 2½BA, Under $400K, very nice col, 240-286-4335

G'BURG OPEN 1-4p $365,000
End unit, 3-lvl TH, 2000+ sq ft, 3BR 3½BA, fns w-o bsmt. 18415 Honeylocust Circle. 240-938-0688

GAITH/MONTG. VILLAGE 309,900 - 3 LEVEL TOWNHOUSE 2BR, 2FBA, Wlk-out Bsmt, Fncd yard, Fpl, new Kitc w/ceramic tile & SS appls. Call Rick Riley, 301-519-9263. RE/MAX Realty Group.

Gamber $450,000
Horse Property
Secluded horse property on 3.85 acres forty miles north of DC with barn, pasture and beautiful 1638 sq ft home with h/w floors, new kitchen and much more. Easy access to major riding trails. House is empty and priced to sell! 717-817-1996

GERMANTOWN $324K
NEW GRANITE KITCHEN
3BR/2.5BA TH, hrwd flrs, fin bsmt, new carpet/paint/drs/vanities. Patio & Deck. Fnc'd Back yard, Pool.
Brian Re/Max 2000 301-996-9695
Pics: www.ListOrBuyHomes.com
Brian@ListorBuyHomes.com

Haymarket $449,000
****WELCOME HOME****
Nothing to do but unpack!! 3BR, 2.5 bth. Freshly painted inside & out. Arched windows, lrg deck, tons of hdwd, huge kit & fin w/o bsmt. Sought after Piedmont community.
Keller Williams Realty
Vicki Martin 703-915-4380

HERNDON $359,900
METRO COMING
New paint/carpet/roof/appliances/kitchen. 3BR. fpl. Make a deal. **ERA Teachers, 703-283-0364**

HERNDON $420,000
Warm and welcoming home in Franklin Farm, packed w/ high-end upgrades. A must see!
Long & Foster 703/938-4200

HILLCREST HTS $212,000
Semi-det. 2BR 1.5BA, bsmt, lrg yrd, Jean, 301-332-9192 R.E. Store

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SIL SPG/WHEATON $400,000 - New price on this all brck 3BR split colonial, great fam rm addition on rear, fncd rear yrd w/patio & tiki bar, recent crpt & appls. Call Eddie, Deluca & Assoc. RE, 301-570-1772

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CAD '03 Escalade—Auto, 37k mi, white, AM/FM, Cassette, CD, Insp, AC, PW/PDL, PS, ABS, Alloys, Cruise, $30000, 571-748-5580

CHEVY '05 Colorado LS Ext Cab—5 spd, 9k mi, Red, AM/FM, CD, AC, PW/PDL, PS, ABS, Cruise, Tilt, $12900, 301-928-4539

CHEVY—'67 IMPALA SS, 2-DR HT, 350, 350 auto., a/c, pw, ps, buckets, console, 10-volt posi, factory rally wheels. $8595. 703-868-6968

CHRYS '04 Sebring—Convertible, Auto, 21k mi, Granite/Black, Leather, Cloth Top, Very Sporty, Still Under Warranty, $19000, 703-368-1898

DODGE '03 INTREPID SE—Auto, AC, 83k mi, PW/DL, AM/FM/CD, MD insp, GARAGE KEPT, it's a great car. $6500/obo. 443-829-8180

FORD '02 Explorer—Auto, 88k mi, White, AM/FM, Cassette, CD, Insp, AC, PW/PDL, PS, ABS, Cruise, Tilt, $9995, 301-440-8604

FORD '99 EXPLORER XLT — Auto. V8. 4X4. BLACK. C/D. Sunroof. Lthr. Excellent condition! MD Insp. $3750. **301-894-2674**

FORD '97 Mustang Cobra Convertible—5 spd, 75k mi, Red, AM/FM, Cassette, AC, PW/PDL, PS, Alloys, Cruise, Tilt, $10999, 443-677-4506

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JAGUAR '03 X-type—Auto, 42k mi, Silver, AM/FM, CD, Insp, Mnrf, AC, PW/PDL, PS, ABS, Alloys, Cruise, Tilt, $16990, 571-246-2508

LINC '97 MARK VIII—Luxury, fully loaded, snrf, 10 cd chrg, 89K mi, well maint, must see! $5,400. **571-236-0293**

MAZDA '97 B2300—5 spd, 98k mi, AM/FM, CD, AC, $2900, 703-314-1271

MERCEDES '05 SL500—Blk/blk, 24k mi, navi, AMG sprts pkg, panoramic rf, parktronic, keyless go, built in ph, 100k warr, lojack, dent protection, $79,950. 301-785-4247

NISSAN '04 350Z—NISSAN '04 350Z--6spd,Touring,RARE blk/blk, NAVI, XM rad, htd sts,Pwr evythg,-18in whls,Cstm Z car cvr,All svc rcds,Too much to list $31500 OBO must sell, 31kmi 703-408-6097¬¬

NISSAN '02 Altima—5 spd, 75k mi, Super Black, AM/FM, CD, Insp, Snrf, AC, PW/PDL, PS, ABS, Cruise, Tilt, $11,500, 703-396-8526

OLDS—'75 Toronado, Brougham, 455/350 HP, Barrett Jackson qual, dk firemist grn w/orig. wht int., 73K orig. mi. $12,500. 703-868-6968

SAAB '01 9-3 SE TURBO—fully loaded with leather in exc condition, under warranty till 100k miles with only 77k for $9000, 413-221-2005

SUBARU '94 LEGACY—Stn wagon, auto, gas saver, clean, new shocks, cold AC/heat, runs good. 131K mi, all pwr. $1950/obo. 240-593-2638

TOYOTA - '02 Corolla LE. auto. 4dr. Gold. 90K miles. am/fm CD. $6000/obo. MD insp. 240-994-8784

TRIUMPH '76 Spitfire 1500—4 spd, 124k mi, white, AM/FM, CD, Insp, $4500, 703-359-5968

VW '04 Golf—Auto, 19k mi, Red, AM/FM, Cassette, CD, Insp, Snrf, AC, PW/PDL, PS, ABS, Alloys, Cruise, $13500, 773-960-8988

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Look out

TRENDS, CULTURE, DISCOVERIES, IDEAS, PEOPLE

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BILL HABER/AP

PAGE-TURNER: The delivery of phone books to New Orleans residents represents a sign of normalcy one year after Katrina.

After Katrina

A New Page

Phone book offers a glimpse into changes seen in New Orleans

On a recent hot day, the new phone book landed with a thud on the stoop of a house that one year ago lay under water, a notable sign of normalcy.

The phone book's arrival is a mark of progress here, but it's also a window into how much has changed. With nearly half the city's population gone, two swollen books have shrunk to one, following a decision by the phone book's editors to fold the white pages into the rest of the book. Meanwhile, the yellow pages now include far larger ads for contractors, electricians, roofers and others crucial to the city's rebuilding.

Lay the old and new editions side by side and the resulting contrast is a microcosm of a transformed metropolis.

It's one in which people need help repairing their homes, but don't have time to fuss with their hair — the "Contractors — General" section jumped from six to 14 pages and "Roof Contractors" from 15 to 32, while listings under "Beauty Salons" declined 42 percent from 541 individual businesses to 316.

"Every single thing that people need to rebuild their lives is literally in that book," said BellSouth Corp. district sales manager Gayla Meilleur, who worked on the New Orleans phone book.

Which is exactly the point: In a city in tatters, where a majority of homes still don't have electricity, the focus is on making whole what was destroyed. It's businesses that help people do that which are seeing a spike in sales and are now represented with larger, splashier ads.

Businesses that offer luxury goods, or services that are not essential, are struggling and scaling back their presence in the new book.

"Everything is housing right now. Nothing else matters," said window installer Sam Criscione, owner of Classic Vue Exteriors Inc., who's installing three times as many windows as he did before the storm.

The call volumes tracked by BellSouth offer a portrait of frantic rebuilding: Businesses under the "Roofing Contractor" heading saw, on average, an 833 percent increase in calls. Those under the "Contractors-General" heading were up 333 percent. "Gutters & Downspouts" leaped 483 percent.

Analysts had predicted the construction industry would thrive in the wake of the destructive storm. But they had also forecast that nearly all other sections of the economy would shrivel.

Yet one can deduce from the new phone book that large swaths of the economy are doing better than expected. It has 44,579 individual businesses listed — just 1,046, or 2 percent, less than last year. It's not cheap to advertise in the phone book — a quarter-page, full color ad costs more than $960 a month, according to BellSouth — so it stands to reason that businesses making that kind of investment are up and running.

At the same time, the fact that the white and yellow pages have been consolidated into a single phone book is a testament to how much this once vibrant city has shrunk: To date, only 235,000 people, or around 45 percent of the city's original population of 485,000, have returned, according to state estimates.

It's an estimate that jibes with the rate of utility hookups — so far, only around 47 percent of customers in New Orleans have resumed their electric service.

RUKMINI CALLIMACHI (AP)

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LOOK out

Crackdown on Sweets

Celebrations

Schools don't have peace of mind over a piece of birthday cake

Birthdays are becoming lessons in counting calories along with candles for thousands of children heading back to school this fall.

A growing number of schools nationwide are curtailing or cutting out birthday sweets in the name of nutrition and weight control. Others are concerned about food allergies and contamination. Some also argue that birthday parties eat up class time.

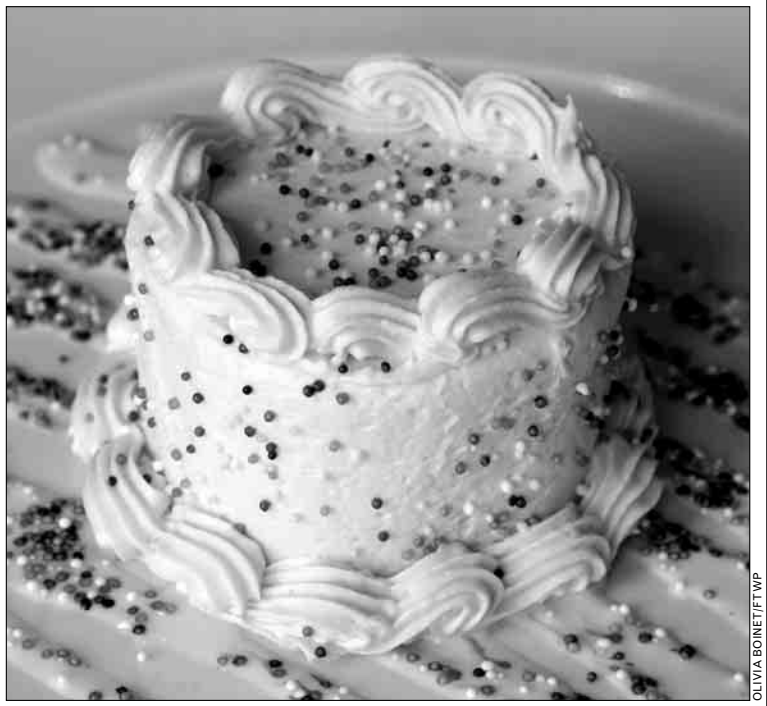
It's a controversial topic, as local districts debate whether such policies protect the health of their children or whether they needlessly destroy a longtime childhood ritual.

"There's no question that it's an issue out there," says Erik Peterson, a spokesman for the School Nutrition Association, a national group of school-food directors. "But no one wants to be the food police."

> "I do think that [children] should be allowed to have a cupcake on their birthday."
>
> SUSIE VAN ETTEN
> TENNESSEE MOTHER

The federal Centers for Disease Control and Prevention estimate that one in six school-age children is overweight, triple the proportion in 1980. The agency has projected that one in three children born in 2000 will eventually develop a form of diabetes linked to being overweight.

One recent study says school snack fests may play a role: A survey of 3,000 Minneapolis-area eighth-graders found that their average body-mass index — a common gauge of weight appropriateness — rose 10 percent with every form of noshing a school allowed, from fundraising bake sales to congratulatory pizza parties.



OLIVIA BOINET/FTWP

Federal guidelines are trying to limit the amount of birthday cake served in schools.

Against those kinds of statistics, Congress has declared that schools must establish wellness policies by the start of this school year in order to continue receiving various forms of funding, forcing schools to look at all their food policies.

In Howard County, Md., a new policy limits sugary celebrations to once a month at public schools, and even specifies that home-baked cakes and cookies cannot be cream-filled. At least one Howard County school, Centennial Lane Elementary, already bans birthday feasts entirely.

Some parents applaud the idea, saying school parties have become semi-regular blowouts instead of occasional treats.

"If we're trying to send a healthy message to the children on what's good to eat and we're having parties that are happening a couple of times a week or on a weekly basis, then I think that's not sending the best message," says Rhonda Avery of Lakeland, Fla., a dietitian who helped shape new birthday rules in Polk County.

But other parents have mixed feelings about cracking down on birthday cake and cupcakes.

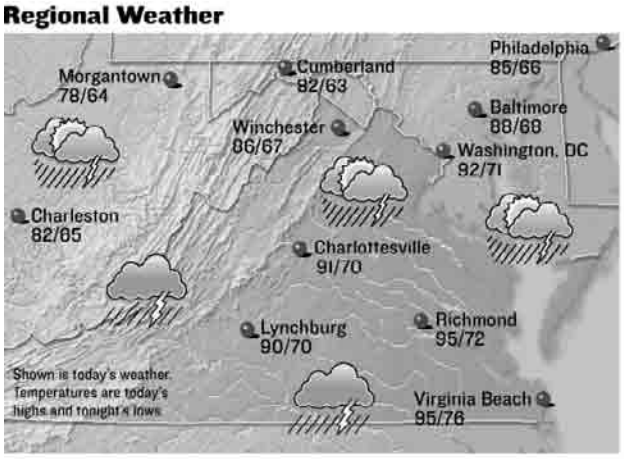
Tennessee mom Susie Van Etten wonders whether schools are "emphasizing food to the point that they're going to give the kids a complex about food." Still, she supports new rules on the frequency and amount of birthday sweets at her 5-year-old daughter's school.

"I believe in 'everything in moderation' ... I do think that [children] should be allowed to have a cupcake on their birthday," says Van Etten. "I don't think a child wants a pencil." JENNIFER PELTZ (AP)

5 Day Forecast for the Washington Area

Today	Tonight	Wednesday	Thursday	Friday	Saturday
A couple of afternoon thunderstorms	Occasional rain and a thunderstorm	Variably cloudy, a shower possible	Partly sunny, a shower possible	Partly sunny	Partly sunny
92°	71°	78° / 65°	78° / 64°	79° / 64°	79° / 64°

Regional Weather



Forecasts and graphics provided by AccuWeather, Inc. ©2006

Almanac

Washington, D.C., through 4 p.m. Mon.

Temperature

High	92°
Low	78°
Normal high	84°
Normal low	67°
Average humidity	55%

Precipitation

24 hours ending 4 p.m.	Trace
Month to date	0.96"
Normal month to date	3.08"
Year to date	29.61"
Last year to date	29.60"
Normal year to date	25.90"

For up-to-the-minute weather, see: washingtonpost.com/weather

Regional Forecast

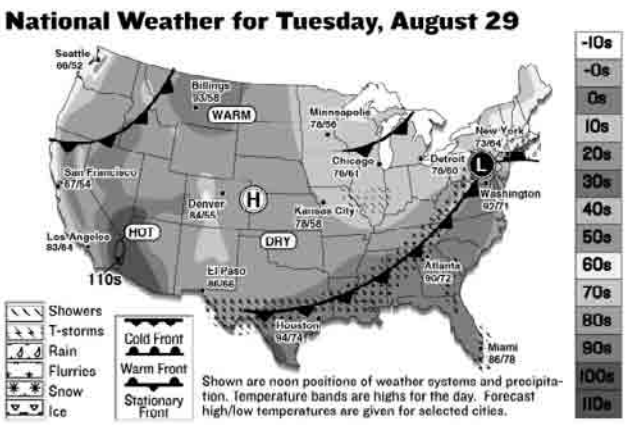
D.C. Metro: Today, variably cloudy, an afternoon thunderstorm or two, hot. High 92. Wind west-southwest 7-14 mph. Tonight, cloudy, rain, thunderstorm.

Sun and Moon

Sunrise today	6:34 a.m.
Sunset tonight	7:43 p.m.
Moonrise today	12:05 p.m.
Moonset today	10:11 p.m.

First	Full	Last	New
Aug 31	Sept 7	Sept 14	Sept 22

National Weather for Tuesday, August 29



National Cities

City	Today Hi/Lo/W	Wed. Hi/Lo/W
Atlanta	90/72/t	87/70/t
Boston	67/60/r	76/57/pc
Chicago	76/61/pc	78/59/pc
Dallas	88/69/pc	90/69/pc
Denver	84/55/s	88/56/s
Honolulu	89/76/s	89/76/pc
Los Angeles	83/64/pc	82/64/pc
Miami	86/78/r	87/77/r
New York City	73/64/r	79/64/pc
Orlando	92/78/t	86/76/t
Seattle	66/52/c	65/48/c

World Cities

City	Today Hi/Lo/W	Wed. Hi/Lo/W
Amsterdam	63/55/sh	66/55/pc
Athens	91/73/s	93/75/s
Berlin	61/52/r	64/52/pc
Buenos Aires	63/43/s	63/46/pc
Calgary	75/50/pc	62/40/sh
Dublin	64/48/pc	66/54/r
Geneva	64/52/sh	62/47/pc
Moscow	75/57/pc	73/60/t
Rome	81/61/s	77/59/pc
Sydney	63/53/pc	63/53/sh
Tokyo	80/74/sh	79/73/sh

s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice.

LAURA RAUCH/CHRIS PIZZELLO/AP

SKIN IS IN: From left: Jaime Pressly in Badgley Mischka, Heidi Klum in Michael Kors, Portia de Rossi in Zac Posen and Evangeline Lilly in Versace on the red carpet.

File under Fad

Grin and Bare It

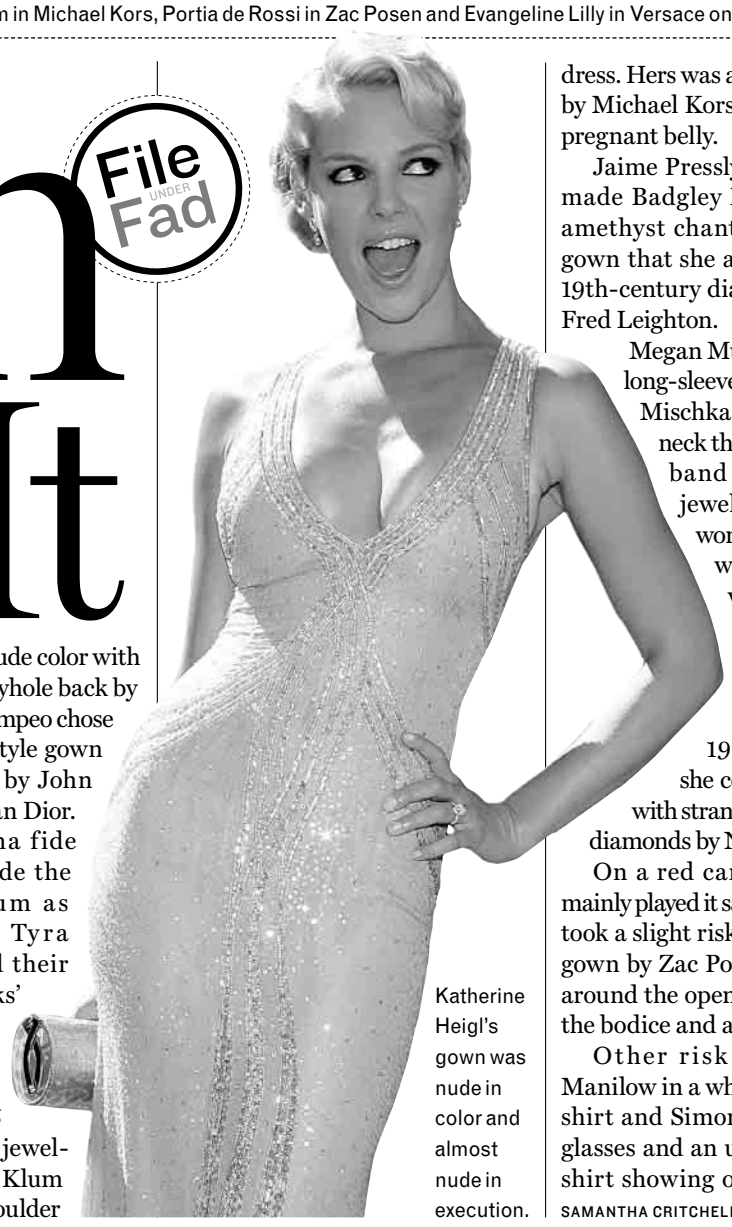
Emmy style plunged to new depths in skin-baring gowns

TV'S TOP STARS showed off their assets in a big, bare way as low-cut V-necks and halter tops dominated the red carpet at Sunday's 58th annual Primetime Emmy Awards in Los Angeles.

Other fashion flashes: purple, red and white were the top color choices; metallic beading drew eyes to all the right places; and soft, sexy, piled-high hairdos helped actresses keep their cool on an unusually hot night.

Katherine Heigl wore a beaded glamour gown in a nude color with an open neck and keyhole back by Escada, and Ellen Pompeo chose a strapless bustier-style gown in purple designed by John Galliano for Christian Dior.

There were bona fide supermodels outside the Shrine Auditorium as Heidi Klum and Tyra Banks represented their reality shows. Banks' Georges Chakra one-shoulder gown was valued at $50,000, and she wore $3.5 million in Chopard jewelry to complement it. Klum also was in a one-shoulder dress. Hers was a draped red gown by Michael Kors that clung to her pregnant belly.



Katherine Heigl's gown was nude in color and almost nude in execution.

Jaime Pressly wore a custom-made Badgley Mischka beaded amethyst chantilly lace fishtail gown that she accessorized with 19th-century diamond jewelry by Fred Leighton.

Megan Mullally wore a blue long-sleeve gown by Badgley Mischka that had a deep V neck that went to a waistband adorned with a jewel. Debra Messing wore a strapless gown with tiers of delicate white fabric.

Allison Janney's red tiered gown by Elie Saab was reminiscent of a 1920s flapper, and she completed the look with strands of platinum and diamonds by Neil Lane.

On a red carpet where stars mainly played it safe, Portia de Rossi took a slight risk with a slate gray gown by Zac Posen with rosettes around the open neck, cutouts on the bodice and an open back.

Other risk takers? Barry Manilow in a white suit and black shirt and Simon Cowell, in sunglasses and an unbuttoned white shirt showing off his chest hair.

SAMANTHA CRITCHELL (AP)

Cars

Vroom, Moonbaby

You can't stop a fashion designer from making things pretty. **MARC ECKO** has teamed with Nissan to redesign (solely in the aesthetic sense, we pray) both the Pathfinder and the Armada. The latter, above, "retains the muscularity of the vehicle's original look, while adding a dose of irreverence," said the world's most hilarious press release. It does so with a cream roof, custom "moonbaby-inspired" hubs (huh?) and a cream-and-tan calfskin interior boasting heavy contrast stitching on the steering wheel, door panels and dashboard. The cars will be one-of-a-kind, but after their unveiling in October, fans can buy clothes and accessories at nissan.eckounltd.com.

KRISTEN PAGE-KIRBY (EXPRESS)

Shopping

Buy Duckie's Shoes

Married acting duo Jane Kaczmarek and Bradley Whitford have launched the fifth-annual **CLOTHES OFF OUR BACK** auction to benefit a variety of children's charities, including the Children's Defense Fund and Cure Autism Now. Emmy fashions available include Lorraine Bracco's Lana Marks handbag, Katherine Heigl's earrings and Kaczmarek's entire outfit, down to her Carolina Herrera sunglasses. Men's stuff includes Jeremy Piven's John Varvatos sunglasses and Jon Cryer's Kenneth Cole shoes. Visit clothesoffourback.com to bid. K.P.K.

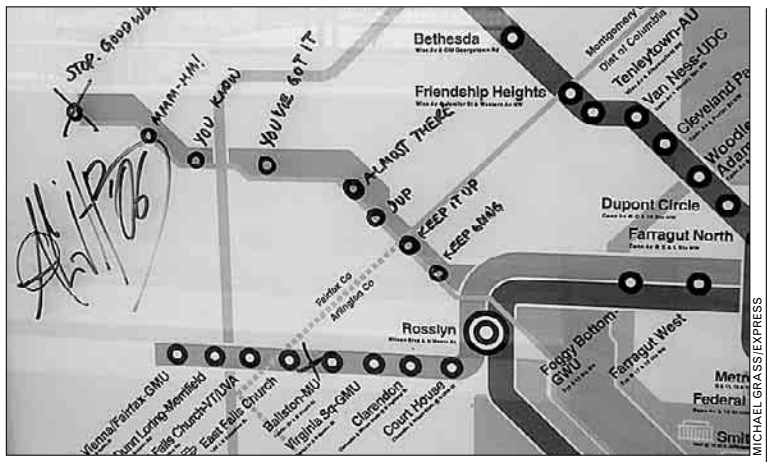
Look out Online

from readexpress.com

A Vandal's New Metro Line

METRO | If only building a new Metrorail line were as easy as vandals at the New York Avenue-Florida Avenue-Gallaudet University station make it seem to be. While this new Potomac Gorge line (pictured at right) from Rosslyn — with stops at "Almost There" and "MMM-MM!" — seems like a good idea for Great Falls commuters, we're sure that the Federal Transit Administration and state officials in Virginia and Maryland have other ways to spend federal funds.

MICHAEL GRASS (EXPRESS)



MICHAEL GRASS/EXPRESS

ON THE RIVER: Some residents might like a vandal's idea for a new Metrorail line.

Back-to-School List

IMMUNIZATION | It was the first day of school in the District's public schools yesterday and blogger **NATIVESON.WORDPRESS.COM** is a little irritated at hearing the same story every year: Students who don't have their immunizations up to date. The blogger read a recent Washington Post article about Linda Tyler and her search to immunize her grandchildren before school started and had this to say: "I understand that she just gained custody of her grandchildren in May. But she could have found that out from the social worker or the D.C. Department of Health. And I do understand that she doesn't have benefits, but the D.C. Department of health provides free shots every damn summer." What do you think? Should parents know where to get free immunizations for their children? Send your thoughts to **COMMENTS@READEXPRESS.COM.COM.** M.G.

Elevator Out

TENLEYTOWN | For those who use the street-to-platform elevator at the Tenleytown-AU station on Metro's Red Line, prepare for 12 weeks of elevator renovation. A free shuttle will be provided from the Van Ness-UDC station for those who need it. What will Wilson High School students do now? Use the escalators? Scary times at Wilson High. M.G.

→ Coming Up Today

Free Ride takes a final walk through the National Museum of American History, set to close for renovations.

? Poll Center

TODAY'S QUESTION

Is the U.S. prepared now for a disaster like Katrina?

1. Yes
2. No

YESTERDAY'S RESULTS

Will the Cropp/Fenty debate affect the D.C. mayor's race?

NO	YES
60%	40%

As of 5:15 p.m. Monday. Not a scientific poll

GIVE YOUR OPINION ON TODAY'S POLL QUESTION AND GET A STATION-BY-STATION BREAKDOWN OF HOW YOUR FELLOW METRORAIL COMMUTERS VOTED AT **READEXPRESS.COM/POLLCENTER.PHP**

The Blog Log

"Ernesto should be moving off shore to our southeast, meaning we'll enjoy a terrific day with plenty of sunshine and highs in the upper 70s."

CAPITALWEATHER.COM POSTS ITS FORECAST FOR FRIDAY, WHEN ERNESTO, CURRENTLY A TROPICAL STORM APPROACHING FLORIDA, IS SUPPOSED TO PASS CAPE HATTERAS, N.C.

Whine, Whine, Whine

"When did specialty grocery stores become an entitlement to the hipster community? I love how they are victims if there isn't 'such n such' store next to them and it is the result of the privately owned business to ease their pain."

A **DCIST.COM** COMMENTER ON A CITIZENS CAMPAIGN TO GET TRADER JOE'S TO OPEN A STORE NEAR U STREET NORTHWEST.

"How troubled must Karr be to admit to something so heinous that he didn't do?"

SNARLINGMARMOT.COM ON JOHN MARK KARR'S DNA NOT MATCHING DNA FROM THE JONBENET RAMSEY CRIME SCENE.

GETTY IMAGES

Tricking the Tourists

"I bit my lip and tried not to laugh, as the young man apologized ... I wanted to turn around and look at them. Because of where I was seated, I couldn't even glimpse their reflections in the windows, but the man across the aisle ... was also suppressing laughter."

SANDBLOWER.BLOGSPOT.COM RECOUNTS A STORY IN WHICH A WOMAN TRICKED A TOURIST INTO THINKING TALKING ON A CELL PHONE WAS ILLEGAL WHILE RIDING METRO.

Katrina, One Year Later

"I have to admit while I lived there, I chose to ride out every storm that came our way. Katrina was my third hurricane. I won't even ride out another one, though; that's all changed me. When you go through something like Katrina, you change."

A GUEST BLOGGER AT **JOBSPOT.TYPEPAD.COM** REMEMBERS LIVING THROUGH HURRICANE KATRINA IN NEW ORLEANS.

Live Online

Michael Wilbon

MICHAEL WILBON was online Monday at washingtonpost.com to talk about the Redskins, Terrell Owens, U.S. basketball and drug testing in track and field.

Can Terrell Owens salvage this situation? Will great numbers do it alone? Playoffs? A ring? Or should T.O. start going after Landis' spot on the Discovery team?

I gotta think T.O. is going to step on the field in Week 1 and catch six passes, two for touchdowns, for 150 yards, right? I mean, he behaves like a bum at times, but he's no bum as a player. When the lights go on, the guy is fabulous and produces 100 percent of the time, hurt or not.

Do you think the Redskins are really this bad?

I think the Redskins, if Clinton Portis and Mark Brunell are mostly healthy, can go 10-6 to 11-5. They play in a difficult division and have some other tough games. A 10-win season and a spot in the playoffs would be great for them. I don't think anybody in the NFC East is going to win more than 11 games. It's too hard.

Any thoughts on the U.S. basketball team? They seem to be playing well, but it's so hard to tell against the competition they have faced. Argentina/Spain will be a test, but if at least Carmelo, Wade or James is on his game that day, the U.S. should be tough to beat.

The entire analysis of the U.S. team has to wait until the Americans play Spain or Argentina. That's the test. I'm hoping the U.S. will play both those teams. Those games, for a basketball junkie like me, are worth waking up very early to watch.

Why are there so many track and field stars being hit with drug allegations? Has the testing caught up with the athletes or is there something else going on here?

I think you nailed it. The testing has, for now, caught up with the cheating. But it doesn't last forever. It never does. It's an eternal cat-and-mouse game.

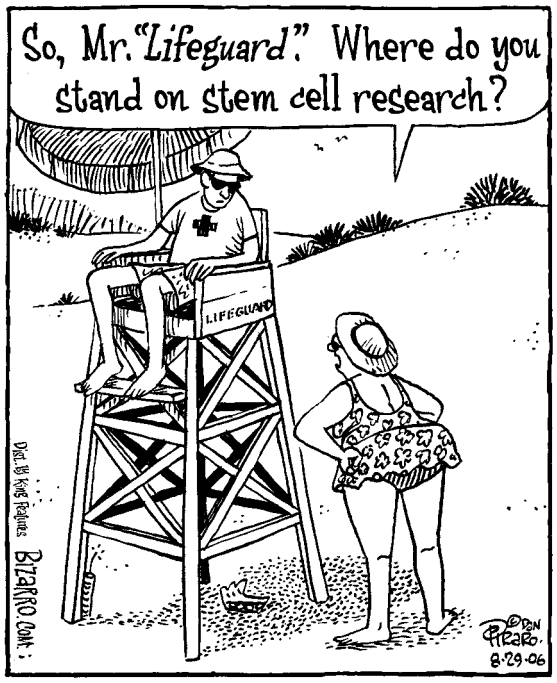
TODAY ON LIVE ONLINE: WTOP political commentator Mark Plotkin discusses D.C., Maryland and Virginia politics at 2 p.m. | **washingtonpost.com/liveonline**

DO

REMEMBER HURRICANE KATRINA, which hit New Orleans a year ago, by looking at the excellent work by the journalists at the New Orleans Times-Picayune, which won a Pulitzer Prize for its coverage of the storm's devastation. At nola.com/photos, there are numerous Katrina photo, audio and video galleries.

Look out

Bizarro | *Dan Piraro*

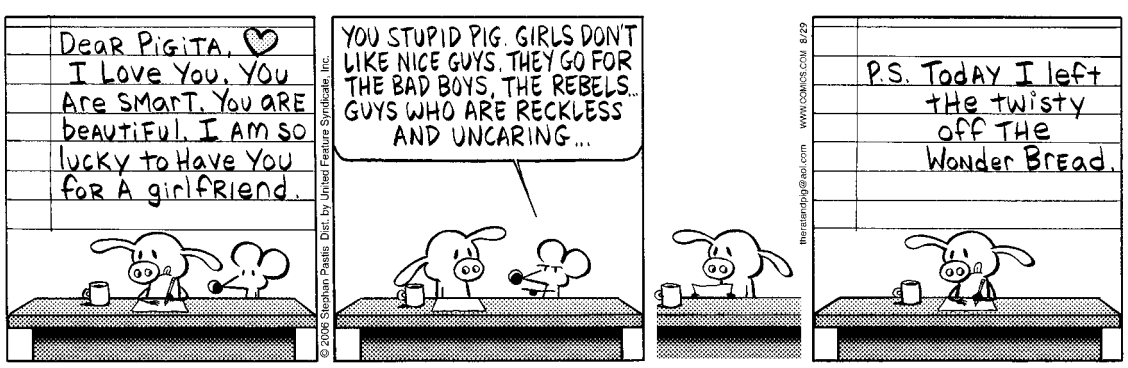


Cornered | *Mike Baldwin*

"Next year, let's take separate vacations."

Pooch Cafe | *Paul Gilligan*

Pearls Before Swine | *Stephan Pastis*



The Duplex | *Glenn McCoy*

Horoscope

By Stella Wilder

VIRGO (Aug. 23-Sept. 22) You'll be affected by events that seem distant and even trivial, and don't be surprised to learn that you're somehow involved.

LIBRA (Sept. 23-Oct. 22) You're not in a sociable mood, but you may be required to mix and mingle nonetheless — if only for the sake of appearances.

SCORPIO (Oct. 23-Nov. 21) Be tender, generous and understanding with those who trust you to show them the way. Patience is the key.

SAGITTARIUS (Nov. 22-Dec. 21) You may be having problems at work with someone who reminds you of you in the old days. You know just what kind of help to offer.

CAPRICORN (Dec. 22-Jan. 19) You're in no mood to be bested at anything that you think you do well, but the risk is always there. Perhaps you can learn something new.

AQUARIUS (Jan. 20-Feb. 18) The approval of friends and relations is more important to you than you had anticipated, and progress is impossible until you get it.

PISCES (Feb. 19-March 20) You may be able to have exactly what you want by day's end — but you will have to work hard to hang on to it for any length of time.

ARIES (March 21-April 19) You're after a little understanding, sympathy and TLC — but you may not have to look any further than your own backyard.

TAURUS (April 20-May 20) Your mood is likely to fluctuate dramatically throughout the day, affecting your work and your social interaction subtly but significantly.

GEMINI (May 21-June 20) Domestic affairs may be in more of a tangle than you had hoped, but, with a little effort, you can sort things out successfully.

CANCER (June 21-July 22) You will seem to know what others are thinking before they actually share their thoughts with you. Don't get carried away, however.

LEO (July 23-Aug. 22) You may be going through something of a rough patch, particularly where your more basic emotional needs are concerned. Ask for help.

Letters

Metro Isn't So Bad

METRO RIDERS NEED to gain some perspective. I rode a Chicago Transit Authority train a couple of weeks ago. The ride was so rough that I couldn't write notes for my meeting, much less do a crossword puzzle or Sudoku; the seats were very hard plastic; and the train was so loud I couldn't imagine trying to listen to headphones. I also rode the London Underground recently. While the ride was OK, the packed train was easily 100 degrees. We need to be thankful for what we have.

—TRENT ROSS
Bethesda, Md.

WRITE TO EXPRESS: Include name, hometown and telephone number. Submissions may be edited. E-mail to inbox@readexpress.com or mail to Express Letters, PO Box 17370, Arlington, VA 22216.

Today in History

1533 The last Incan King of Peru, Atahualpa, was murdered on orders of Spanish conqueror Francisco Pizarro.

1957 South Carolina Sen. Strom Thurmond (then a Democrat) ended a filibuster against a civil rights bill after talking for more than 24 hours.

1966 The Beatles concluded their fourth American tour with their last public concert, at Candlestick Park in San Francisco.

2005 Hurricane Katrina hit the Gulf Coast near Buras, La.; the resulting floods devastated the city of New Orleans. More than 1,300 people died in Louisiana, while an estimated 300 Louisiana residents died out of state; some 230 people perished in Mississippi.

AP

The Beatles performed their last public concert, in San Francisco, today in 1966.

Look out | People

RALPH ORLOWSKI/GETTY IMAGES

Could she be in league with horses?

IN THEIR THRALL

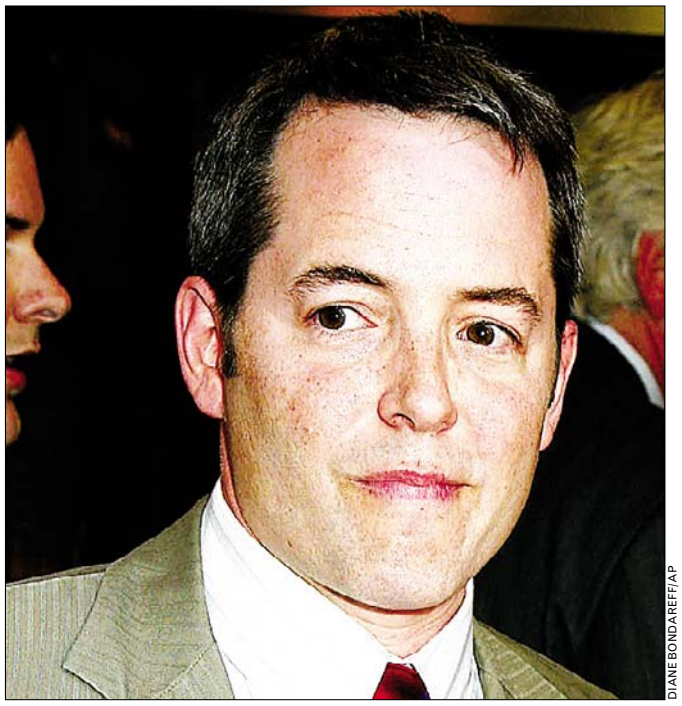
Hmm, Heather Mills Has Rather Equine Features ...

A charity backed by **PAUL MCCARTNEY** and his estranged wife, **HEATHER MILLS MCCARTNEY**, has canceled a fundraising gala after the ex-Beatle said he would not attend, British newspapers reported. The event, set for Oct. 11, was intended to raise money for the Adopt-A-Minefield campaign. (AP)

EVIL EQUINES

Horses Brutally Maim Ringo Starr's Beloved Wife

BARBARA BACH, a former Bond girl and wife of Ringo Starr, was hospitalized with a broken leg after being kicked by a horse. Bach was admitted Sunday to the Royal Surrey Hospital in Guildford, 35 miles southwest of London. She had surgery to repair her fractured right femur, the hospital said. Bach, who turned 59 on Sunday, married Starr in 1981. The couple appeared together in the 1981 film "Caveman." (AP)



DIANE BONDAREFF/AP

THEY HATE ACTORS

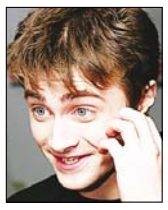
Horses, Bane Of Entertainment

MATTHEW BRODERICK's Ireland vacation was marred when he broke his collarbone falling off a horse Sunday. "He's fine. He's just been in a little bit of pain," said his publicist. (AP)

OMG

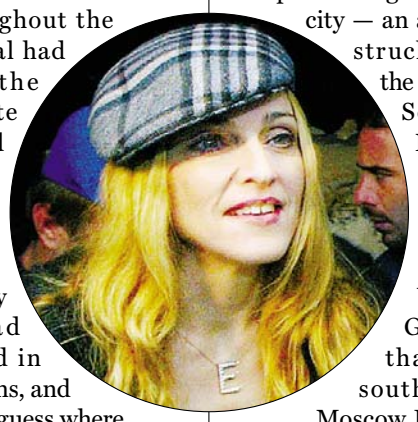
He's Starring in 'Equus,' So the Horses Smile on Him

"Harry Potter" star **DANIEL RADCLIFFE** will play the son of Rudyard Kipling in a television movie about the author, ITV said Monday. John Kipling died in World War I, and Nick Elliott, head of drama at the network, said the Iraq war would be part of the subtext of "My Boy Jack," which will begin filming next year. He will also star in a West End production of the play "Equus" in 2007. (AP)



FORMER HORSE VICTIM

Madonna Moves Concert in Fear of Repeat Horse Attack



Posters throughout the Russian capital had proclaimed the venue and date for a month, and 40,000 tickets had already been sold. But a long-awaited concert by **MADONNA** had become mired in security concerns, and it was anyone's guess where and when the show would take place, if at all. After more than a week of negotiations — spiced up by protests against the 48-year-old pop star performing anywhere in the city — an agreement was struck Monday for the event to be held Sept. 12 at the Luzhniki stadium. Originally, promoters said it would be Sept. 11 in Vorobyovye Gory, the hills that rise on the south bank of the Moscow River, in a vast space framed by the tower of Moscow State University. (AP)

SUBVERSIVE

Horses Are Surely Behind J.Lo's Refusal to Procreate

A fresh rumor that **JENNIFER LOPEZ** is pregnant, stirred up by 19-year-old pop singer Jesse McCartney, has been sternly refuted. Here's what happened: Lopez recently quit the film production of "Dallas." McCartney's girlfriend, Katie Cassidy, has a role in the movie, leading him to tell two Atlanta radio hosts that Lopez left "Dallas" because she got pregnant. Lopez's publicist, however, said her client was "100 percent not pregnant," E! Online reported. McCartney apologized through his record label. "I have no first-hand knowledge whether Jennifer Lopez is pregnant or not. I thought I had read it somewhere. I apologize," he said. (EXPRESS)

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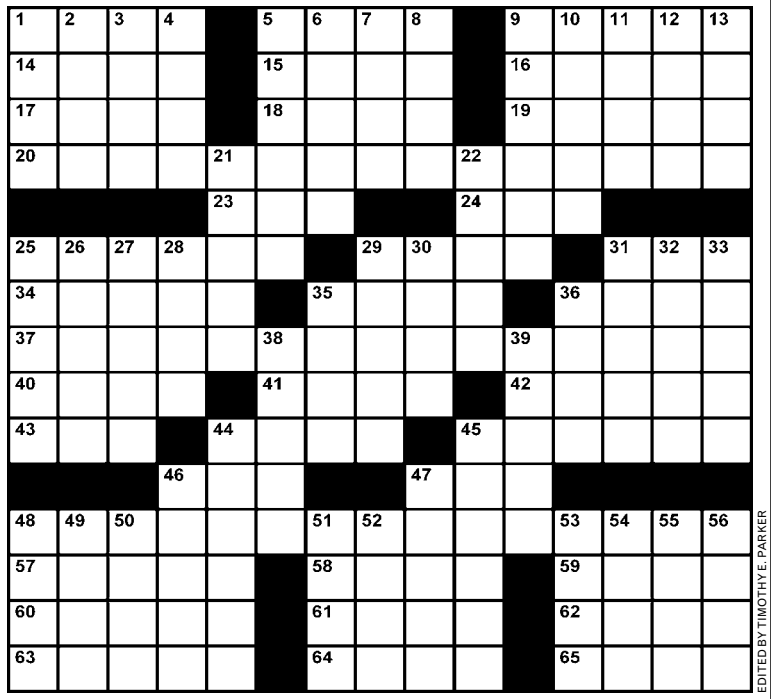
Bowling for Dollars



EDITED BY TIMOTHY E. PARKER

ACROSS
1 Quick on one's feet
5 Car owners need them
9 Capital of Bangladesh
14 Shower gel ingredient, perhaps
15 ___ gin fizz
16 Like some columns
17 Big name in guns
18 Oscar winner Celeste
19 Candidate's target
20 Grammatical faux pas
23 Long lead-in
24 Media solicitations
25 On time
29 Lackawanna's Lake
31 American equivalent of kPa
34 Eagle's nest, e.g.
35 Tel ___
36 Birdhouse bird, perhaps
37 Give the short version
40 Glut
41 Where you are on a map
42 Cry of surrender
43 Where beauty is, to the beholder
44 Where an octopus may enlist?
45 Declare to be true
46 Number for the books?
47 Took in a poor boy?
48 Start the music
57 Furry folivore
58 Check out beforehand
59 It may include some high notes
60 Type of tube
61 Debtor's burden
62 Maintained
63 Aquarium beauty
64 "Oh me, oh my"
65 Effortless-ness

DOWN
1 Vesicles
2 Sound of a drip
3 Drummer's pride
4 Himalayan mystery
5 Place for a slogan
6 Helpless?
7 Sport that originated in Scotland
8 Kind of conductor
9 Make fractions
10 Caterwauls
11 Noncon-formist
12 Ukraine's capital
13 God's was little, in fiction
21 Flap-door shelter
22 Born yesterday, so to speak
25 No longer in style
26 Satisfy a loan
27 Address the hall, e.g.
28 Where to wallow
29 More than most
30 Get carried away?
31 Word with purchase or asking
32 Flies off the shelf
33 Small map portion
35 Throat-clearing sound
36 Covet
38 Storied bear contingent
39 One in a class by himself?
44 Capital of Turkey
45 Plato's hometown
46 A ship from the Middle East, perhaps
47 One way to be lost
48 Comic vignette
49 Word with dial or earth
50 Deliver a diatribe
51 Pauley Pavilion team
52 It'll hold water
53 Sun extensively
54 Surface extent
55 Spin backward?
56 Word with blind or double

Yesterday's Solution

S	M	U	G		S	K	A	T		R	I	F	L	E
P	E	S	O		T	E	C	H		A	D	I	O	S
A	N	E	W		O	N	T	O		B	E	N	D	S
T	U	R	N	I	N	Y	O	U	R	B	A	D	G	E
				N	E	A	R		H	I	S	S	E	S
B	A	G	E	L	S			H	I	T				
A	G	O	R	A		U	L	A	N		C	E	D	E
T	H	R	O	W	I	N	T	H	E	T	O	W	E	L
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				C	W	O			S	P	A	R	S	E
A	G	A	T	H	A		F	O	C	I				
C	A	S	H	I	N	Y	O	U	R	C	H	I	P	S
T	R	I	E	D		U	R	G	E		A	B	U	T
E	R	A	S	E		A	C	H	E		L	I	M	A
D	Y	N	E	S		N	E	T	S		T	S	A	R

Su|do|ku

Degree of Difficulty: MEDIUM

Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. For solution, tips and computer program, see www.sudoku.com

8	4		7			5		
7	5			6				
				8	2			
2	7		1				3	
	3						9	
	1				6		2	4
			4	2				
				3			4	8
		4			5		7	6

©PUZZLES BY PAPPOCOM

Yesterday's Solution

2	4	8	5	1	6	3	9	7
9	3	7	8	4	2	1	6	5
1	5	6	9	7	3	8	2	4
4	9	1	2	8	5	6	7	3
3	8	5	6	9	7	4	1	2
7	6	2	4	3	1	9	5	8
8	2	4	7	6	9	5	3	1
6	7	3	1	5	4	2	8	9
5	1	9	3	2	8	7	4	6

Need more Su|do|ku?
Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section every Monday through Saturday.

express

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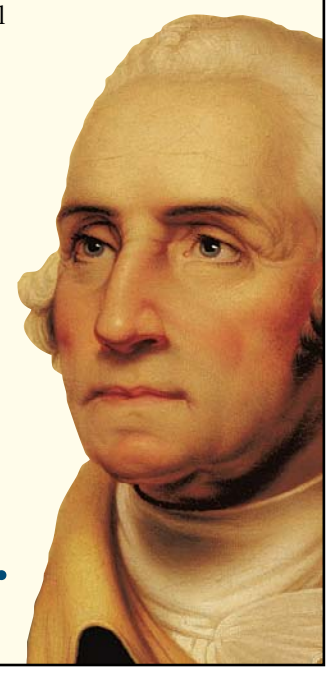

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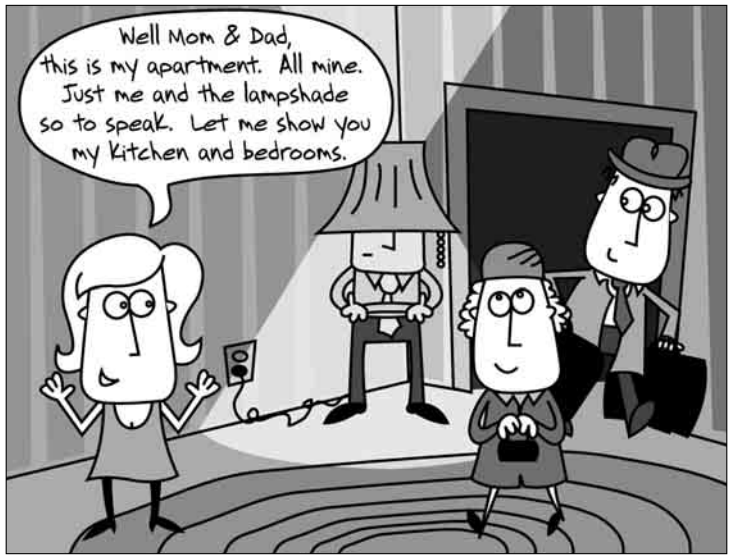
GOT ISSUES? DR. ANDREA BONIOR WILL HELP YOU SORT THEM OUT

'That's Not My Boyfriend, That's the TV'

Q My girlfriend and I just graduated from college and moved to D.C. to be together. We both have good jobs here and are settling into our apartment. Notice I say, "our apartment." We live together, but she has insisted on not telling her parents, who live in the Midwest and will not likely visit anytime soon. She says it's simply not worth the conflict. I thought I was OK with this, but after twice being told to not make any noise in the background when she talked to her parents, now I'm wondering if I'm not so OK with it.

—CONCERNED IN COLUMBIA HEIGHTS



ERIC REECE

Well, first you have to figure out why this might bother you. The dishonesty? The lack of standing up for herself? The uncertainty about whether she's as committed to living together as you are? The fact that your 9-11 p.m. in-home yodeling practice has been cruelly cut short?

Maybe what's bugging you is that you're having to make sacrifices for a choice that is purely hers. This isn't necessarily a bad thing (after all, most couples do this — especially when one of them plays fantasy football). But it can work only if you're truly OK with the choice she's making. Be honest with yourself, and her, about whether this is just an inconvenience or something deeper and more symbolic. And if it's the latter, you've got to talk it through and try to meet her halfway, and she has to address whether she's really in this as much as you are.

Q I need an honest opinion about a dating-the-ex-of-a-friend situation. They were together eight months. She's in my circle of friends, but not one of my best ones. He is simply amazing. Should I go for it? —VIENNA

As with "should I have that third burrito?" there's no yes-or-no answer to this question, but rather a spectrum of conditions. Let's start with the ideal: The breakup was mutual and peaceful, or initiated by her. It happened long enough ago that she will neither wonder whether you two were hooking up while she was with him, nor make her snicker that you're just a rebound. The two of you don't have competitive natures and aren't confide-every-detail type of friends. This is the first time you've done this. You are honest and respectful toward her and, while you don't necessarily ask her for permission, you make it clear that you value her feelings.

And then, the less-than-stellar conditions: He suddenly dumped her last week because she chewed too loudly, and this is the ninth dumper of hers you've wanted to get cozy with. And you've fought about toys, noise and Backstreet Boys since sixth grade.

I'm sure your situation is somewhere in the middle — so do what you can to make it veer toward ideal. Be prepared, though, for your relationship with her and, perhaps, with those in your circle to get maddeningly uncomfortable. It could be a temporary awkwardness that passes with a laugh over margaritas, or it could mean your wedding will have eight fewer guests. Either way, I only hope the guy has the potential to be worth it.

Be prepared for your relationship with her to get maddeningly uncomfortable.

Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at **baggage@readexpress.com**. This column is not a substitute for one-on-one care.

WeekendPass makes the weekend perform.

Every Thursday in Express.

A publication of The Washington Post

XX143dC 5x5

Goods | fit

Melts in Your Mouth

STICKING OUT YOUR TONGUE isn't always poor sportsmanship. With Electrolyte Strips (electrolyte-strips.com), it's just a matter of staying healthy. These melt-on-the-tongue film strips, from the inventors of Chloraseptic Sore Throat Relief Strips, help athletes maintain their electrolyte levels without consuming excess fluids (though the package warns that users still need to drink plenty of water for adequate hydration). Use them before, during and after activity to help prevent cramping, dizziness and other symptoms of dehydration. They taste like a cellophane layer of Gatorade — but contain no sugar, fat or calories.

NEW IN HEALTH
warm ups

Salivate Over Spa Food

CHEFS WHO GUSH OVER HEALTHY MEALS often seem like liars. Of course it would be yummier if you weren't so stingy with the butter! But chef Kathleen Daelemans, host of the DVD "Cooking Thin and Loving Food" ($15), appears genuinely thrilled with her dishes — and you will be, too. The recipes cover a range of delights, including chili pork stew, sesame-ginger shrimp and what appears to be her specialty, peanut butter truffles. Cook with Kathleen or print out the directions and go it alone. We just wish she'd specify the serving sizes.

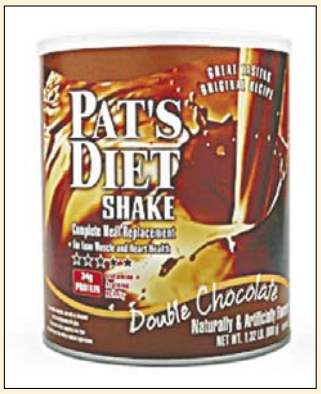
Something's Afoot

RUNNERS' BODIES ARE SEXY, but their feet are likely to be stinky, with a smattering of blisters and rough patches. So, Sof Sole energy (sofsole.com/energy) has come to the rescue — at least of the ladies — with a new line of women's foot care accessories. Products include insoles (cut narrower for dainty types), flower-shaped odor eaters ($5) and an anti-friction balm ($8). Your sprinting squeeze may also want to slip her toes into a pair of the line's three socks; Lite and Energy wick sweat away, and Spa Sport ($8), infused with aloe, helps runners relax after the finish line.

Bear Hug For Sale

USUALLY YOU TAKE TOYS home before they need to be repaired, but Champ ($18), the latest stuffed friend available at Build-a-Bear Workshop, comes patched up already. The colored pieces of cloth are meant to represent the health problems some kids have to battle — like cancer and diabetes. With the purchase of each bear, $1 will be donated to juvenile health causes.

PRODUCTS
GuineaPig



WWJ Drink?

NO MATTER WHERE ONE stands on the politics of televangelist Pat Robertson, one must approach his new Pat's Diet Shake ($18 for 10 servings, patsshake.com) with objectivity. "Pat's own ultimate blend of food nutrition" comes in chocolate and vanilla and claims to "deliver an immediate, intermediate and deliberate release of amino acids over time." (Try parsing that sentence, God.) The instructions quote the Bible: "My people perish of lack of knowledge," which Robertson links to the obesity epidemic.

The protein-heavy shake (34 grams per serving, the same as 6 ounces of salmon) tastes pretty similar to SlimFast. Made with milk, the powdered mix produced a viscous, silty fluid; made with water, it was much improved, like a heavier Carnation Instant Breakfast. It accomplished its given task of providing energy and making us full. But we felt no more religious than usual.

HOLLY J. MORRIS (EXPRESS)

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express

fit | Phys Ed

THE EXPERTS
TrainReaction

Beanpole Aid

Q At 6 feet tall and 150 pounds, I've always had trouble adding muscle to my frame. I really want to gain at least 20 pounds. What type of training can I do to bulk up?

The first step in adding lean mass is to take a good look at your nutrition and sleep habits. Every day you should eat at least 1 gram of protein for every pound of lean mass you have. And it takes 2,500 calories to gain 1 pound of muscle, so don't be afraid to eat.

In the gym, you need to come up with a split routine. A good example would be chest and biceps on Monday, legs and shoulders on Wednesday and back and triceps on Friday. Select multiple exercises per muscle group. Do three to four sets of every exercise, and alternate between eight to 12 and three to five repetitions. Use 70 to 80 percent of your one-repetition maximum weight for more reps, and 85 to 95 percent of your maximum weight when performing fewer reps for an increase in intensity. Greater resistance causes your body to release hormones responsible for muscle growth. More reps will help your muscles grow larger. Your body has to adapt to the new training regimen, so you may not see much growth until about the sixth week.

Matthew Blair Davis, MS, CSCS, PES, is an award-winning personal trainer and president of Functional Revolution Fitness (functionalrevolution.com), which provides private personal training. E-mail him at matt@functionalrevolution.com.

Cut Out the Car

Slim down by getting out of the driver's seat

Sharon Moore's parents were flabbergasted by her recent announcement: She would be ditching her car for a full month. "It's sacrilegious not to drive a car. They can't imagine it," said the 43-year-old law-office administrator, who grew up in automobile-obsessed Detroit.

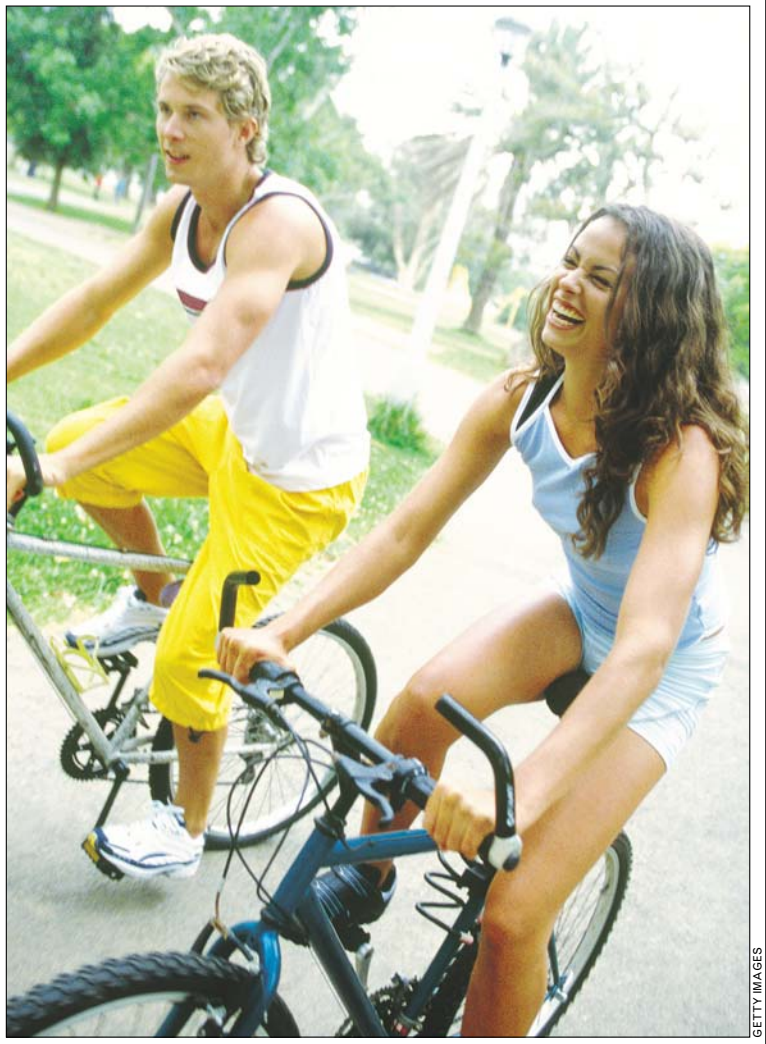
But Moore, along with 30 other Washingtonians, dropped the keys to their rides in a lockbox Aug. 1 and embarked on a "low-car diet" sponsored by Metro and Flexcar.

Like many of the other participants, she's quickly learned that the downfall of her diet wasn't lurking in the fridge — it was sitting in her driveway. After four weeks of traveling by Metro, bus, bike and foot, she can already notice a difference in her health. "I know I'm smaller," she said. "My clothes fit better."

Within the first two weeks of going car-free with the group, Greg Drury, 48, lost 14 pounds. "I feel stronger, a little more bounce in my step," he said, amazed at what biking and occasional two-mile walks to his Tenleytown office have done for his physique.

Although they're still relying on public transportation for long hauls, it's the walks to bus stops and the other activity required by the lifestyle that's adding up. "I used to get so worn out on the escalator, but now I'm walking all the way up," Moore said of Metro's steep steps.

When people abandon their wheels, they often do it for environmental or financial reasons. "There are lots of ways to have mobility without harming the planet," reasoned Jane Holtz Kay, author of "Asphalt Nation: How the Automobile Took Over America and How We Can Win It Back," who's relied mostly on her feet to get her around since she sold her Saab 15 years ago.



GETTY IMAGES

Chris Balish, author of the new book "How to Live Well Without Owning a Car," dumped his SUV to save on car payments and gas. "But the first thing I noticed was I lost my love handles. My butt and thighs became firm and muscular," he said.

It may have seemed convenient to cruise down the driveway to get the mail, but his laziness had an impact. Plus, his car took a psychological toll: "Owning a piece of metal like that is a lot of work — getting it repaired, worrying about it getting damaged."

During his research, Balish found that folks who got rid of their vehicles often canceled their gym memberships because they were fulfilling their cardio needs already. Once they got into the habit of walking short distances, they were more likely to hoof it as much as possible.

As fabulous as opting to go car-free can be, it presents its own set of challenges. Balish deals with many of these in his book, touching on subjects like what to do if you get sweaty from your commute (wet wipes!) and how far you can reasonably expect to trek by foot or bike each day. (He says five or six miles, one way, is easy for riders, and two miles is a cinch for walkers.)

> "I lost my love handles. My butt and thighs became firm."

The switch is more painless the closer in you live to a city. Generally, the Washington area is conducive to autonomy from automobiles — especially when compared to other American cities (Balish may just be the only car-free person in all of Los Angeles).

As for the low-car dieters, quite a few plan on maintaining some of the habits they've picked up this month. Sunny Kim, of Arlington, has found that his commuting time is exactly the same when he takes the Metro, and biking instead of driving to his gym has been a revelation. "It puts me in the mood to exercise at the beginning of the workout, and my bike had definitely been neglected for a while," he said.

And Moore? She's debating whether to go car-free full time. Her parents will just have to get over it. VICKY HALLETT (EXPRESS)

VITALSTATS

40

THE PERCENT DISCOUNT ON DRUGS THAT UNINSURED, LOWER-INCOME CALIFORNIANS WILL GET, THANKS TO AN INITIATIVE PASSED LAST WEEK.

running for congress

Rep. Ben Cardin

Whenever Rep. Ben Cardin (D-Md.) sees a break in his busy schedule of legislating and campaigning for a Senate seat, he uses the time for one of two things: visiting his grandchildren or staying healthy. And though he's pounded the pavement at fairs and festivals, Cardin's had to figure out new ways to compensate for his missed exercise sessions. V.H.

"Any day that I have free time, I like to walk or take hikes for aerobic exercise. We use state parks to get some beauty and get away from city life. I enjoy going up into the mountains to ski and snowshoe."

"I never take the train between Rayburn [House Office Building] and the Capitol. It's a five-minute power walk and I can get to do that five times a day."

"A couple of years ago, I indulged my wife in one of those fancy spas. While we were there, I saw a nutritionist. So now I eat breakfast every morning, which I didn't do before. I eat a healthy cereal or yogurt."

"I've given up sodas and caffeinated drinks. Now I drink a lot of water and I have much more energy."

Phys Ed | fit

Strug Shapes Up

How the gold medalist stays healthy after gymnastics

Her Wheaties box days were a decade ago, but Kerri Strug — best known as the determined pixie who stuck the vault at the Atlanta Olympics with an injured ankle — hasn't given up on her athletic inclinations.

The 28-year-old, who's settled in Arlington and works at the Department of Justice's Office of Juvenile Justice, has developed a fondness for marathons (she's done four already) and wakes up early every morning to squeeze in her cardio. She talked with Express' Vicky Hallett about what she still does to stay in shape.

MICHELLE REPISO/EXPRESS

Former Olympic champions — they're just like us. They work out at the gym!

Do you still do any gymnastics?
Oh, I'll do a cartwheel. I travel to gyms and summer camps to do clinics, so I'll show a handstand and do simple things. But gymnastics isn't like riding a bike. Elite gymnastics requires incredible body conditioning. I haven't done all of the calisthenics I used to do to stay in shape. It's just not reasonable. I can't wake up at 4 in the morning and work out for three hours.

But you still exercise?
I either run, [do] elliptical or bike every morning, and use free weights. I always work out five or six days a week for an hour, but it's not my full-time job any more.

Do you enjoy it?
I like the high I get. When I'm on the Metro at a quarter to 8, I feel energized.

Ever give other exercisers advice at the gym?
No way. I can't stand people who do that.

You travel a lot, right? How do you stay in shape on the road?
I always bring exercise clothes. It's not always my decision where I'll stay, but I try to find a place with a good gym and make sure there's a free hour in my day. If I miss a day, it's not the end of the world, though. A few weeks ago, I was in the middle of nowhere and there were mountain lions around. So I took three days off.

I read that you had to pick the cheese off your pizza when you were training. Do you eat it now?
I order extra cheese. My boyfriend is lactose intolerant, so I get to eat his. I eat what I want now and I love my dairy. Every young woman thinks about diet to a certain extent, but I don't deprive myself of anything. But I may then run an extra 15 minutes the next day or couple of days.

Do you have any injuries from your gymnastics days?
As you get older, things start hurting. That's just how life goes. When it's going to rain, I feel it in my back and ankle.

Do you miss doing it full time?
I clearly have a passion for the sport and I enjoy working with the kids, so in the future, maybe I'll go back to it. But it's important that I try something else to see if I have another passion.

You can kick it for free, thanks to Joe Ferguson. But not for much longer.

ON THE WEB

An Intramural League of His Own

■ Six years of playing intramural sports in D.C. left Joe Ferguson totally peeved. "Fields were deteriorating, Web sites weren't updated, officials reffing the games weren't knowledgeable," complained the Silver Spring-based Web developer. "I needed something better." So he decided to organize his own league, and because he didn't know what to call it, he named it after himself: JoeFerg Sports (joefergsports.com). "I think it's pretty catchy," he said.

Um, well, at least the fact that teams could play for free during his inaugural summer season was a hit. And teams that want to sign up for fall dodgeball, kickball and soccer can still do it for zip. (Basketball, flag football, softball and volleyball teams now have to pony up.) He's running at a deficit, as he has to secure fields and hire referees, but he figures it's worth it to get buzz going. V.H.

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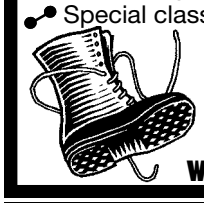
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fit | Wellness

STUDIES

Stethoscope

You Light Up My Joints

■ In the future, warming up before exercise could be replaced by something highly nonintuitive — near-infrared light. Japanese researchers found that pulses of the sub-spectral rays prepped shoulders for a workout better than 10 minutes on a stationary bike, Reuters reported. It's the same idea as using hot pads or showers to warm up. Because the athletes don't have to move, they don't get all tuckered out before a competition.

Do Drink and Run

■ In other athletic news, the International Marathon Medical Directors Association has determined that marathon runners should drink when they're thirsty, rather than follow guidelines that may result in swallowing too much or too little. The statement, published in the Clinical Journal of Sports Medicine, goes against prior advice, which focused on drinking set amounts that didn't account for factors such as weather, level of fitness or running speed.

Less Ice, More Happy

■ Yet more good new for athletes! Those with mild to moderate ankle sprains only need to ice the afflicted joint for 10 minutes or less for the best results, Reuters reported. While longer icing periods were just as good for reducing swelling, 10 minutes was the most effective for pain reduction. The protocol used by the researchers (as elucidated in the British Journal of Sports Medicine): 10 minutes of ice, 10 of rest, 10 of ice. Repeat every two hours for happier ankles.

Abandon Your Allergies

Fight off the nasty sniffles and aches with this array of remedies

Inhaling allergens may be inevitable, but suffering isn't. We've developed a five-step plan that's the closest thing you'll find to an "off" switch for your overreacting immune system. Each step provides progressively more powerful medicine, taking you from a simple herbal treatment to cutting-edge science.

GETTY IMAGES

1 Consider OTC options

Claritin is the most popular over-the-counter allergy aid. But its two main selling points — maximum relief and minimum drowsiness — may be more hype than health benefit. In a study published in the Annals of Allergy, Asthma and Immunology, researchers found that old-school Benadryl was actually 20 percent more effective in treating hay fever than was Claritin. And in a separate review, researchers determined that Claritin (as well as its cousins Zyrtec and Allegra) may actually have significant sedative effects, while diphenhydramine, the active ingredient in Benadryl, isn't as sedating as people think. Try the smallest recommended dose of store-brand Benadryl: 25 (mg) every six hours.

2 Go natural

The herbal supplement butterbur may sound like a turkey, but there's evidence that it works. Scottish researchers found that patients with grass and pollen allergies who popped 50 mg of the plant extract twice daily had 13 percent better nasal airflow than those who took a placebo. Another study published in the British Medical Journal reported that butterbur treated seasonal allergies nearly as well as the prescription medication Zyrtec. What's more, there's no sedating effect with butterbur. You can buy the supplement ($24 for 60 capsules) at most health-food stores or iherb.com.

3 Snort a legal drug

Unless drug companies invent an antihistamine suppository, there are basically two injection-free avenues for allergy meds: down the hatch or up the honker. At least one prescription spray may be worth snorting. When researchers at the Institute for Allergy and Asthma gave allergy sufferers the nasal spray azelastine, Claritin and azelastine, or a placebo spray for one week each, they found that the first two groups experienced nearly identical 22 percent improvements in their nasal symptoms. The researchers' conclusion: Azelastine can help those that Claritin won't.

The herbal supplement butterbur might sound like a turkey, but it works.

4 Drop in

"Allergy drops are frequently used in Great Britain and in the majority of European countries," said Dr. Russell Roby, an allergy specialist in Austin, Texas. "I think they're more effective than allergy shots." Physiologically, the drops, which go under your tongue, work similarly to shots: Repeated exposure to trace amounts of the offending allergen causes the body to build up a natural resistance. Researchers at the Imperial college of medicine in London determined that treatment with allergy drops results in a 34 percent reduction in symptoms, on average. Some U.S. doctors may be reluctant to prescribe allergy drops, so shop around until you find one willing to consider this option.

5 Take your best shot

Despite its cartoon-villain name, Xolair could be what rescues you when nothing else can. Here's how it works: During most allergic reactions, our bodies produce an antibody called immunoglobulin E (IgE), which, in turn, triggers the annoying symptoms. Xolair blocks IgE. Xolair is FDA-approved only to treat asthma, but some doctors may prescribe it for other reasons. TED SPIKER (REPRINTED WITH PERMISSION FROM MEN'S HEALTH MAGAZINE © RODALE INC.)

hypochondriac

WHAT YOU COULD HAVE BUT PROBABLY DON'T

Do you have headaches, aching muscles, double vision and a fever? Is your upper body weak and your neck stiff? Are you moving and thinking slower? Are you terribly sleepy? You could have **ENCEPHALITIS LETHARGICA**, a disease that can cause victims to lapse into a coma-like state (it's also known as sleeping sickness — not to be confused with the African variety). Though Europe suffered an epidemic of the illness between 1917 and 1928, cases are rare today. There's no cure, and the cause is unknown (some theorize that it's triggered by strep throat). Even worse: Many patients don't fully recover, but are stricken with a form of Parkinson's disease.

SOURCE: NATIONAL INSTITUTE FOR NEUROLOGICAL DISORDERS. NOT A SUBSTITUTE FOR MEDICAL CARE.

GETTYIMAGES

Shaker Shocks

Why adding too many pinches can be deadly

As rocks go, it's not much to look at. But for much of history, dirty gray crystals of salt made the world go around, as a flavoring, as a preservative, as money: Roman legions were sometimes paid in chunks of the stuff.

Here in modern America, we're way overpaid. We eat nearly twice the amount of sodium we should, and we can do that without even touching the salt shaker. The sodium hides in processed foods, put there by food companies to preserve products that would otherwise go bad, or to make bland or bitter food taste better, or maybe just to appeal to our craving for the stuff.

Earlier this year, the Institute of Medicine, which helps set government nutrition recommendations, decided that people should try to take in about 1,500 milligrams of sodium daily, with an upper limit of 2,300 mg. Before, they recommended no more than 2,400 mg.

What, Me Worry?

It's more than the risk of high blood pressure and subsequent heart disease and stroke that prompted Mom to hide the shaker from Dad 20 years ago. Excessive sodium is now linked to other illnesses, such as cancer and kidney stones.

American men eat more than 4,000 mg of sodium a day, and it's easy to take in 7,000 mg without trying. You do need a little bit — about 200 mg a day — to keep fluids in balance. But all that excess sodium may ...

Excessive sodium is now linked to other illnesses, including kidney stones.

➜ Weaken Your Bones

Too much sodium makes the body excrete calcium, threatening bone density and strength, said Dr. Pao-Hwa Lin, a researcher at Duke University Medical Center. "The more you limit sodium, the less calcium you excrete," she said.

➜ Cause Stomach Cancer

A report from Japan found that men with the highest salt intakes had double the risk of stomach cancer. The subjects ate lots of salted fish and pickled vegetables, not common in the U.S. But Melanie Polk, director of nutrition education for the American Institute for Cancer Research, said the cancer connection may show up here, as well.

➜ Mess With Your DNA

Researchers from the National Heart, Lung and Blood Institute found that as they increased salt levels in laboratory cells, DNA strands begin to break and cell-repair mechanisms shut down. When salt concentrations returned to normal, the cells begin to repair DNA. Researchers found the same DNA damage in the kidneys of mice. The next step is to see if these results hold true for human kidneys.

➜ Cause Kidney Stones

In a five-year study, Italian researchers found that limiting protein and salt may be more effective in preventing the recurrence of calcium oxalate kidney stones than the more traditional calcium-restricted diet.

Blame Salt for Your High BP? Sure

We know for sure that sodium raises blood pressure. Roughly 20 percent of American adults have higher-than-optimal BP. Reducing intake by just 300 mg (about two slices of cheddar) drops systolic pressure (the first number) by two to four points, and diastolic by one to two points, a British study showed Triple that reduction to triple the benefit.

MAUREEN CALLAHAN (REPRINTED WITH PERMISSION FROM MEN'S HEALTH © RODALE INC.)

THE EXPERTS

ChewOnThis

A Diet Stalled

Q I'm getting married next month and can't get rid of the last 5 pounds — any advice?

When you hit a weight-loss plateau, change it up — alter both your exercise and eating routines. Workouts should become longer and more intense: Increase the incline on the treadmill and, if you run outside, head for the hills. Or change your routine altogether. Try a step-aerobics class or the rowing machine for a totalbody workout. Different moves challenge your bod, increasing calorie burn. Lifting weights can kick-start your metabolism and increase muscle mass, both of which help burn calories even after exercise.

On the nutrition front, focus on protein-rich meals and snacks to fill you up. Try part-skim cheese sticks, nonfat yogurt, hard-boiled eggs and grilled chicken or turkey breast. Stay hydrated and load up on fruits and vegetables — aim for seven to nine servings per day.

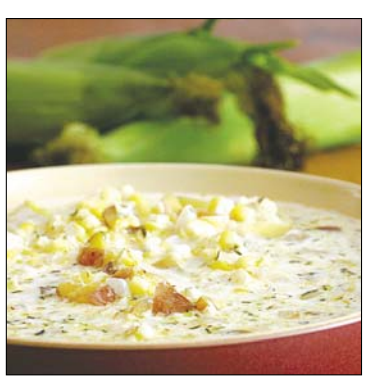
Kristen Ciuba, MS, is the nutritionist at Results the Gym, in Washington, D.C. She also implements nutrition programs for local companies. E-mail her at nutrition@readexpress.com

Make Your Corn Feel Special

■ CORN CHOWDER, makes 2 to 3 servings

INGREDIENTS: 4 cups milk; 7 ears corn; 2 tablespoons olive oil; 1 large yellow onion, diced; 1 1/2 cups finely diced potatoes (about 1 large potato or 2 small); 1/2 teaspoon dried thyme; 4 cloves garlic, minced; salt and freshly ground black pepper, to taste

MAKING IT: In a large saucepan, bring the milk to a low simmer. Meanwhile, cut the corn kernels from the cobs. To do this, stand each ear on its wide end. Use a serrated knife to saw down the length of the ear. Set kernels aside. When the milk is warm, add the corn cobs and simmer 10 minutes.



While the cobs simmer, heat the olive oil in a large skillet over a medium-high heat. Add the onion, potatoes and thyme and saute about eight minutes, or until potatoes are just tender. Add the garlic and saute another minute. Remove the cobs from the milk and discard them. Transfer the potato and onion mixture into the milk. Add the corn kernels and simmer 15 minutes. Season to taste with salt and pepper. (AP)

VITALSTATS

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PROJECTED NUMBER, IN MILLIONS, OF DANGEROUSLY OBESE ADULTS IN BRITAIN BY 2010, ACCORDING TO NEW DATA RELEASED BY THE DEPARTMENT OF HEALTH.

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